Next steps for community sport hubs
Terry McLernon, Chair, Drumchapel Community Sport Hub and Grant Morrison, Sports Development Officer, Glasgow Life

Good morning ladies and gentlemen. My name’s Grant Morrison, I work for Glasgow Sport as a Community Sports Hub Officer, supporting the development of Drumchapel Sport in the North West of Glasgow. This is Terry McLernon, Hub Chairperson and all round community champion, with over 30 years of experience of getting local people active in sport. Terry is the main reason that 500 people play table tennis in Drumchapel every week. I have persuaded Terry to leave his bat at home and we are going to share what experiences we’ve had as a hub, what we’ve achieved and how this is shaping our way forward.

Drumchapel Sports is a hub made up of 10 clubs from 9 different sports, including boxing, football, gymnastics, table tennis and tennis to name a few. We also have representatives from local schools at each meeting and the hub links in for a number of partners through local meeting structures. Representatives from the clubs meet regularly to plan and organise activities and Hub events. The clubs also share updates about individual areas of work, successes and challenges which means they can share ideas and resources to make things even better in Drumchapel.

The Hub was established 5 years ago. Glasgow Sport had been working with most of the clubs on an individual basis for a number of years, bringing together was a logical step to improve the way sport works in the area.

All the clubs are based in the Drumchapel area, using 6 venues in the local community from the voluntary run sports centre to the schools and club owned venues. There’s a strong and diverse membership across the local area as well as local volunteers leading and coaching at all the clubs.

Drumchapel sports are working towards community sport hub principles, particularly focusing on growing participation and developing community leadership. The Hub is in a great position to understand the communities needs due to the local representatives who appreciate what is important for local people and what motivates them. The Hub ethos is encapsulated in our logo of contributing to a confident, healthy and inspiring community.

Terry McLernon, Chair, Drumchapel Community Sport Hub

The Hub has been a fantastic thing for Drumchapel because all the clubs are individuals but the Hub’s more now for the community and not individual clubs. We share ideas, successes, we all promote what we are all doing. The clubs are happy to promote every other sports, not just about their sport anymore, so that’s been probably one of the biggest benefits. Now if you don’t like table tennis there’s another sport there, and we do a lot of work together. We’ve built really good relationships with everybody in the community and the clubs, because that’s been the biggest bit to set down, because obviously you go to your meeting, they’re all about their own individual club, but the things we’ve been doing, it’s been opened wider and it’s been really successful.

Grant Morrison, Sports Development Officer, Glasgow Life

The Hub has worked on a number of fronts to improve the infrastructure of the local sports clubs, securing funding for the development of facilities with new flooring at the sports centre, securing five new courts at the tennis club and the refurbishment of a facility for one of the boxing clubs. Next up is a home venue for Drumchapel United, who have just secured a 25 year lease for a pitch.

Support from partners has allowed the Hub to increase its profile locally, helping to raise awareness of opportunities and develop planning within the clubs to secure a sustainable future. Over the last 5 years we have seen growth in club membership due the Hub’s activities, which include projects such as Get Active in
Drumchapel, through the Legacy 2014 Physical Activity Fund which we will speak about later, and annual Drumwealth Games, now in its fifth year, which Terry is going to tell you about.

**Terry McLeron, Chair, Drumchapel Community Sport Hub**

Every leader within the community now are set in getting more people doing sport and other activities, it doesn’t have to be sport, we do other things in the sports centre we’ve never done, people just come in for a cup of tea, they sit and have a chat, they might play a bit of sport, they might not, but we are getting them out of the doors to do stuff.

One of the big highlights has been the Drumwealth Games, obviously with the Commonwealth Games coming the Active Schools came up with this idea, let’s have a Drumwealth Games. We had all the kids do different sports, but it’s been led by the clubs, not by the schools and we get into all the facilities where the kids are seeing opportunities here, for something they’ve never been in. Go to the other side of the housing scheme they never used to go to, and the Games have been fantastic, and that’s 5 years we’ve run it. But now looking at it, because obviously the Commonwealth Games are out the way the Drumwealth Games might change a bit, so every year we change a wee bit so it’s successful for all the kids and we have every school, every primary school kid having a shot at it, and we find that you see other kids in different sports that used to be in your spot because not all kids are going to do sport at the same time all together.

**Grant Morrison, Sports Development Officer, Glasgow Life**

The Hub is guided by and contributes to local national strategies. Locally Glasgow Sport aims to increase participation in sport and physical activity, as well as support the voluntary infrastructure to aid the development of these activities. Drumchapel Sports and Community Sports Hubs are a big part of this at a local level.

The investment in a Hub Officer from sportscotland allows support to be provided through time and expertise, helping to bring the clubs and community closer together to increase participation in clubs activities.

Drumchapel Sport are also contributing to a vision for a more active Scotland, helping people get active and stay active by providing local opportunities, supporting local people to volunteer and improve facilities for people to take part in.

**Terry McLeron, Chair, Drumchapel Community Sport Hub**

Last year we got some funding from the Legacy 2014 Fund to do a different project and that’s opened our sporting community to other issues that’s in Drumchapel. I’ve been in Drumchapel for 50 years and I’ve been kind of based with my table tennis club for 30 years of that, but I’ve done, when I came in to the sport it was through youth work, but we got this Legacy funding, we went to a meeting in Edinburgh, and on the way back from there I realised it wasn’t about kids anymore, because as Grant says, if somebody says to me tomorrow get 1,000 kids to do sport, we don’t have a problem in Drumchapel with that because of what we do in Drumchapel, but it was about getting people who’s inactive, who don’t do anything in Drumchapel, and I’ve heard about these people in Aberdeen, the Evergreens they are called, all the 50 year olds that go out and do a bit a sport, a bit of table tennis, so I thought, I’ll go back, that’ll be a doddlle for me because they way I am, the way I just get people involved in stuff, and I went back and it’s the hardest challenge I’ve ever had in my life, and with this whole year of doing this and we’ve got so many people and some of the stories are unbelievable when you hear them, their life stories and there have been some people who’ve never been out their house for 10 years, and we’ve got them in the sports centre, we’ve got them doing different stuff, and that’s probably our focus for the next few years is getting people active, but also keeping the kids active, because if we don’t keep them active when they get there they’re going to be inactive. So it’s a whole new ballgame for Drumchapel Hub and sports development people.
Also on the side of sportscotland and Glasgow Life supporting us, this is not me, I don’t usually do this, right, this is very hard for me, I’m a doer and people say to me, you want something done go and get Terry, and that’s what I do, but Grant and sportscotland have helped us so much just to get that wee bit of professionalism, to get the people together and get them all round the table, without them all arguing maybe, we give them a wee carrot so they don’t go and be a rocket you know, so it’s working really well.

Grant Morrison, Sports Development Officer, Glasgow Life

As I mentioned Drumchapel Sport successfully applied to the Spirit of 2012 Trust for the Scottish Government’s Legacy 2014 Physical Activity Fund. The funding has allowed us to develop programmes which would target inactive people as well as help people sustain activity levels in the area.

Some of the impacts of the Get Active in Drumchapel project can be seen in this slide. The ambitious project was a great learning experience for the Hub, helping us to develop links to new groups and organisations in the area on top of the previous links already made to schools and youth groups.

We worked with a Glasgow based bike charity to establish new cycling activities, including a free bike loan library where local people can hire a bike and helmet. Drumchapel sports also worked with a play organisation bringing active play, training and sessions into Drumchapel, encouraging children and families to get active through play. These activities will continue following the end of the project adding more opportunities to the area.

Our Hub clubs targeted new groups including inactive adults through the local health centre, people recovering from addiction as well as linking in with a local disability group and a charity focusing on mental distress and health inequalities.

The result is that the Hub has demonstrated that we can reach parts of the Drumchapel community not previously engaged, making a difference to a diverse range of people who thought sport and physical activity wasn’t for them.

This is done in part by providing a range of friendly and welcoming opportunities where the social benefits of sport can be seen as important as the physical benefits, with time for a cup of tea and a chat it is a pivotal way of engaging the people. It was achieved by local people with passion, not only for their chosen sport but for their community.

Terry McLernon, Chair, Drumchapel Community Sport Hub

One of the big finds of Drumchapel Sports Hub has been a cycling person. We got this local agency well they weren’t local to Drumchapel, they were local in Glasgow, and they came in and they put everything in place for us, they put the bikes, all the infrastructure, the training, but they couldn’t get into the community, they couldn’t understand our community. They weren’t from the community so they didn’t know where all the good places to go and the time of year, we were struggling with them. And then one day at an open day we met a girl who does cycling, loves cycling, she stays in the community and she’s so passionate about cycling. So since then she’s had 150 girls and women on bikes, it’s unbelievable, her passion, what she can do for us.

The biggest one is the cup of tea, that’s my favourite one now, because every club’s doing the sport well, you get a cup of tea at the end or the start, so when we started we used to have a wee small amount of teabags, now we have to go to the cash and carry and get 500 teabags, because I just give everybody a cup of tea.

But some of the stories you hear, even people who come to go on the bikes, one was 70 and never cycled, other ones have not been on a bike for 10 years. So what we got then and that was only in the last 6 months, so what we’re doing now is, obviously the winter, she was even out in the winter trying to get them on the bikes as well, but obviously we are now looking for the summer for a massive programme for the cycling. And
it makes a change for me not to say a massive programme for table tennis, and I think that's what the Legacy thing done to me, because I wasn't born in Drumchapel, but I've been there for 50 years, and a table tennis bat helped me so much in Drumchapel, and it guided me when I was a young man and I was in a youth club and they told me to leave and I said why do I need to leave, I love this place, he says you're too old now, you're a man you need to go and do something else. And I'm like I don't want to do this. So what they says, well become a youth leader and that's how I started. So it's like, we've just opened a brand new youth club, but it's every age, it's not about kids, and I think that the benefit and I think Ann has been an inspiring person to all of us in the Hub, because she's only been there 6 months and she's done more than some people have done in 10 years in the community. Somebody says these are the golden nuggets, that's what we need for the community, it's the people in the community. I've already said it's alright, my biggest issue foible is people come into your community doing a youth programme, walking out the door, they've left us a legacy of nothing, because no one is carrying on because they haven't volunteers and they've left stuff that should be carried on.

Grant Morrison, Sports Development Officer, Glasgow Life

Okay so the way forward. In Drumchapel, we have seen the way forward for our Hub and hopefully we can share that with others. We'll continue to engage with the wider community, helping us to understand Drumchapel and how we contribute to a confident, healthy and inspiring community as we set out to do.

We'll continue to work with a broad range of local groups to ensure activities have a wide-ranging appeal to local people. Sustainability has been at the core of the Hub since it was established, our joint working with local partners helps to share resources and the impacts of our activities.

We've seen the benefits of working outside traditional sports partnerships and links to new groups and organisations has meant we have reached further into the community. Increasing the range of sports and activities on offer to the local community means that we can get more people involved. From our cycle hub to active play sessions, it was all about getting local people active.

We are always looking to do better, we have found some amazing passionate people who want to make a difference and we want to support them to do that. We want to share the experiences and learn from others. The Hub Network provides a great opportunity to take this learning out to communities across Scotland.

As we said earlier, Mel mentioned there was 156 Hubs across Scotland, 57, sorry, I’m doing a disservice, there’s 13 in Glasgow alone. This provides us an opportunity to share our experiences. They can be a great example of where a community-based approach to planning can work when a community is empowered to take ownership of a project. We will share the learning from Drumchapel across Glasgow and Scotland hopefully helping them to see the opportunities to develop people and local communities through sport and physical activity.

If hubs can continue to evolve and develop to meet the needs of local communities through local partnerships they will make a real impact for years to come.

Thanks for giving us the opportunity for sharing our impacts.

Terry McLernon and Grant Morrison's PowerPoint presentation can be downloaded from the following link: http://www.westminsterforumprojects.co.uk/forums/slides/Terry_McLernon_Grant_Morrison_Sport.pdf

Alison Johnstone MSP: Thank you very much Grant and Terry, I think that was really inspirational and interesting, and what a fabulous model. We are going to be joined now by Gavin Macleod, the Chief Executive Officer from Scottish Disability Sport; by Hala Ousta, the Diversity and Inclusion Manager from the Scottish Football Association, and from
Martyn Wilson the Head of Sponsorship, Hospitality and Events at RBS. Thank you.

So we are going to hear from each of our guests for 5 minutes, and then we are going to have an open panel discussion and a chance to contribute and ask questions. So would you like to kick off Gavin.
GOOD MOVE
Supporting the people of Glasgow to become more active
At Good Move, we recognise that being physically active is one of the single most important things you can do for your health. It can reduce the risk of conditions like cancer, improve mental health, increase mobility and independence, help control weight, reduce isolation and improve physical literacy. It can also make you feel great because it’s fun, sociable and a great way of meeting friends.

We support the vision of Scottish Government and want everyone to be more active in their leisure time. We aspire to play a role in reducing health inequalities in Glasgow and want those furthest from ever taking part in activity to experience the many benefits to be gained from this. At Good Move this is why we focus our efforts on enabling the inactive to become active.

We understand the barriers many people face in becoming active and have developed a range of targeted programmes with these challenges in mind. This brochure provides information of these in more detail and tells the stories of some of our inspirational participants. We’re friendly, well qualified and supportive and we don’t just deliver activity in traditional leisure venues. Our activities can be found in church halls, schools, community centres, sheltered housing complexes and parks. Our fantastic and passionate army of volunteers provide valuable peer support to those who need it most and really are the life blood of Good Move. We really couldn’t deliver the number of activities or reach the people we do without them and for that we would like to say a heartfelt thank you.

Although we deliver hundreds of activities every week across Glasgow, we also recognise when we’re not best placed to reach some of our most disengaged communities. That’s why we work closely with many trusted community groups and organisations. We build social capital by training and supporting local people to deliver Good Move activities at a time, day and setting that’s right for their community.

We are proud of our work and the impact we make but we couldn’t do any of this without the strong partnerships we have with our funders. They support, guide and help us to deliver the best service we can to the people of Glasgow. So thank you to our funders at NHS Greater Glasgow and Clyde, Glasgow Health and Social Care Partnership, Wheatley Group and Paths for All. We look forward to many more years of working together to increase physical activity levels across the city!

Regards,
From all at Good Move

“National Health Service Greater Glasgow & Clyde (NHSGGC) have worked in close partnership with Glasgow Life over a great number of years. This partnership has greatly supported effective development and delivery of interventions supporting the physical activity agenda. Both organisations have managed to make effective and efficient use of resources and added value where possible resulting in a strong relationship and an enhanced understanding of possibilities. The organisational culture and expertise of Glasgow Life has been invaluable to the success of both partners achieving shared outcomes.”
Anne Gebbie-Diben, NHS Health Improvement Lead

“Paths for All have worked with Glasgow Life for almost 10 years. During that time the programme has become one of the most successful, thriving and well manged Walking for Health projects in Scotland. This success is in no small part to the fact that Glasgow Life was one of the first leisure trusts to embrace walking as the single most effective and accessible way to increase physical activity levels across the city. Strong strategic leadership around the importance of physical activity and effective partnership working across the public and third sectors has resulted in a programme that is viewed as exemplar across Scotland. Glasgow Life’s willingness to share learning and best practice across the national Walking for Health network, as well as its commitment to providing a high quality volunteer experience, has been key in their success securing continued grant funding from us. We value our partnership with them highly and look forward to building on this success in the future to get Scotland more active.”
Frances Bain, Paths For All Manager

“Partnerships are all about teamwork and we feel part of a really great team!”
Diane Cunningham, Good Move Manager
“Good Move is a range of programmes that incorporates best practice in terms of the promotion of physical activity for health. A dedicated team of staff and volunteers work to support those who are inactive begin to find ways to build activity into their lives.

Good Move offers a choice of activities, taster sessions in local leisure and community centres, and most importantly, a chance for those who take part to find activities they enjoy and to build up at a pace that suits them. In this regard Good Move is helping achieve Scotland’s goal of helping the inactive become more active and thus improve the nation’s health.

Even small changes in everyday levels of activity such as walking or doing a weekly session at the swimming pool or attending an easy exercise class will have a positive impact on that person’s physical and mental health. The Good Move approach has clearly won the support of many people and organisations already as this brochure demonstrates.

As a citizen of Glasgow I am really pleased to have the Good Move programme on my home turf and congratulate Glasgow Life for creating it.”

Professor Nanette Mutrie
MBE CPsychol FBASES FHEPA-Europe
Director of Physical Activity for Health Research Centre
University of Edinburgh
Institute for Sport, Physical Education and Health Sciences
Being physically active during the early years provides a strong indicator of future behaviours, including educational attainment, health and happiness. We also know that parents are role models for their child and their attitude to physical activity can make a big impact on their little one’s impression of getting active. That’s why we’ve developed Wee play, our parent and pre-5 activity programme.

Our programme is designed for families who are unlikely to take part in sporty activities and aims to give parents the confidence to play more at home with their child. As parent and child interaction is at the heart of our programme, we worked closely with families to ensure the activities we designed were fun and comfortable for all.

Our fun, multi activity sessions take our wee participants to the jungle, the beach and even to space as their favourite super hero, whilst parents gain confidence to play with and support their child on their adventure.

We also work with nurseries and community organisations across the city to skill them up in the delivery of Wee Play. We train them in fundamental movement skills, developmental stages of the child and health behaviours to enable them to support their parent and child groups locally.

**Our Reach**

- **1357** Annual Wee Play attendances
- **21** Organisations supported to deliver Wee Play
- **52%** Participants live in a SIMD 1 or 2 area.
- **21%** of participants moved on to Pre 5 swimming, football or gymnastics activities

**Wee Play is a great class incorporating play with exercise. It teaches kids about sport, gets them exercising and helps them become more mobile. Much better than sitting at home on TVs and iPads! Darcey enjoys learning new skills and loves playing catch and running around in the garden using her Wee Play take-home pack.**

Please put Wee Play on in other areas!

**Gemma Cannon and daughter Darcey**

**26%**

Participants from a BAME background

“Fun, learning, nurturing, social interaction. Low cost is a good idea for low income families.”

**Arlene Cassidy, Parent, Gorbals**
According to the most recent Glasgow City Schools Health and Wellbeing survey, only 9% of girls aged 12-18 years meet the physical activity guidelines. At Good Move we know that healthy active children are more likely to become healthy active adults, which is why we’ve developed Thrive, our new girls only dance and fitness programme.

We worked closely with teenage girls to gain a real understanding of the barriers they face in becoming active and co-designed our sessions to overcome these. Our activities are informal, local, non-competitive, encouraging and fun. They give young people choice over what they would like to do and are supported by peer mentor volunteers as positive role models.

Our girls love having a place to catch up with friends and enjoy trying new activities like power hooping, Zumba, skipping and dance offs. They also have the opportunity to become dance leader assistants to support our new Thrive recruits through our in house delivery of nationally recognised Dance Leader training programmes.

To increase our reach, we also work with youth organisations across the city to skill them up in the delivery of Thrive. We support them to achieve Dance Leader, Jog Scotland and Zumba qualifications to deliver a tailored range of activities for their existing female groups.

Our Girls Experience

100% Would recommend to their friends
80% Feel more confident
60% Feel healthier

Rayna aged 13 years from the East End of Glasgow has been attending Thrive for over a year and has encouraged many of her friends to come along and join our sessions.

“I started coming to Thrive because I wanted to stay healthy and have fun doing it. I liked all the different activities we tried. My favourite activity was Zumba because it was something new I had never tried before and I really enjoyed it. Thrive keeps me healthy and active but allows me to have fun doing it. It also has a fun and encouraging atmosphere.”

Her mum was also keen to share her experiences and highlight the impact Thrive had on her family.

“I found out about Thrive whilst attending my exercise class for people living with cancer and introduced my two girls age 13 and 15 to the programme. I had a desire to get back some of the fitness I had lost due to my illness and wanted my girls to look at me fighting and take positive steps to take charge of their own wellbeing. Thrive for us is a positive step made from a negative time in our lives. I would like to take this opportunity to thank the Good Move Team and especially Jen for making exercise fun, inviting and healthy. My family need this programme to prove that exercise plays a huge part in creating and restoring healthy minds, body and spirit.”

Our Reach

- 483 Unique annual participants
- 9 Organisations supported to deliver Thrive
- 11% Community participants have joined Glasgow Club
- 60% Participants live in a SIMD 1 or 2 area
- 881 Annual Thrive attendances
- 9% of participants meet PA guideline on 1st attendance
Getting started in activity can be tough, particularly for those who’ve never been active before or have been away from it for a long time. We understand that getting the right support at the right time can make the world of difference in enabling people to build the confidence and skills to take action and make positive changes to their lifestyle!

At Live Active, we offer advice on various lifestyle topics, goal setting and relapse prevention through personalised 1:1 and group support for up to 1 year. Our friendly and knowledgeable advisors are fully trained in Level 3 Exercise Referral and are qualified to deliver health behaviour change through motivational interviewing and solution focussed approaches.

With the support of their advisor and our specially trained peer mentors, participants are given the opportunity to try out activities such as gym sessions, functional training sessions and health walks to build up their confidence to move into mainstream activity.

In order to be truly person centred and inclusive, our advisors also hold a BACPR specialist exercise instructor level 4 cardiac qualification and are trained in mental health awareness/ first aid, disability awareness and can demonstrate competence in using a tailored consultation pack for people with a learning disability.

Live Active has been in operation for over 15 years and is a successful and well utilised service part funded and supported by NHS Greater Glasgow and Clyde.

When John started attending Live Active he was obese and sedentary. At 69 years old he had never really led an active life and needed a lot of support and encouragement to take part in activity.

After his first consultation he was supported to attend his local supervised gym session where he was gently introduced to exercise. At his follow up 1:1, as part of his goal setting the advisor suggested he try the new Live Active Functional Training class to introduce him to different types of suitable activity.

8 months on and John is now attending the gym and functional training classes 3 times per week and his weight has reduced from 104kg to 87kg (16.7stone – 13.10stone). His blood sugar is now normal and he is no longer taking Metformin for his type 2 diabetes.

“Without the Live Active scheme I would never have lost weight and achieved my goal of getting fit”

John, Bellahouston

Our Reach

<table>
<thead>
<tr>
<th>Icon</th>
<th>7,053 Annual attendances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icon</td>
<td>12 Venues citywide</td>
</tr>
<tr>
<td>Icon</td>
<td>2,253 Annual referrals</td>
</tr>
</tbody>
</table>

Glasgow Life
Sport for Everyone
Walking is described by many as a near perfect exercise and the most likely way of meeting the recommended levels of physical activity for good health. It can be done almost everywhere, costs nothing, requires little equipment and is a great way of socialising. Almost everyone can walk and there are very few people whom walking would not be suitable for, therefore making it accessible to a wide range of people from toddlers to very older adults and everyone in between!

The Good Move team embrace these benefits and are committed to getting Glasgow walking! This is why we deliver the largest network of Health Walks in the country. Our walks are delivered by over 100 passionate volunteer walk leaders in communities all across the city. Walks are easy, around a mile or two long, and can be tailored for almost all abilities, but most importantly they are fun, friendly and free!

For those who like a bit more of a competitive edge, we also deliver walking football sessions - a slower, but no less competitive, version of our national sport! You might not be allowed to run or slide tackle but it doesn’t stop the slick passes, wonder goals and jersey over the head celebrations. The dressing room banter and reminiscing of “when I was a player...” over an after match cuppa is a big winner too, regardless of the result.

Our walking programme is a well-established partnership programme funded and supported by NHS Greater Glasgow and Clyde, Glasgow Health and Social Care Partnership and Paths for All. A recent Social Return on Investment Study concluded that for every £1 invested in health walks, £8 of social investment was returned.

Our Volunteers

- 99% of volunteers are satisfied or very satisfied with the support they receive
- 100% Feel appreciated or very appreciated
- 71% of volunteers have been leading walks for more than 2 years.

Janie joined the Botanics and Maryhill health walks in January 2016 after the friend she walked with could no longer walk. Janie has a visual impairment and requires help in certain situations on a walk.

“Finding the walking groups information online was great for me as I love the company of others and I was not keen to walk in certain places on my own. I love being out in the fresh air, no matter the weather and have discovered some places I didn’t even know existed in my local area. The walk leaders and the other walkers have been very helpful, informative and considerate. I would recommend the groups to anyone, it’s great company and you find new places all the time” Janie, Maryhill

Our Reach

- 322 Annual walking football attendances
- 1,691 Annual led walks
- 20,004 Annual walking attendances
- 89% of walkers achieve recommended PA levels after 6 months
- 7% Participants from a BAME background
- 62% Participants live in a SIMD 1 or 2 area
- 12% Participants report having a disability
- 35 Venues citywide

Jim, Walking Football Participant

“It’s been a great experience as I thought my footballing days were behind me. I’ve not missed a week and love meeting guys with a similar outlook.”
In Glasgow, around 30% of adults live with a long term or limiting condition. We understand that people in this situation can face many barriers in becoming active such as feeling that exercise is not for them or that they’re not fit enough, and many simply worry that exercise could harm them. That’s why the Good Move team developed Vitality, a range of exercise classes for people with long term conditions such as heart disease, osteoporosis, COPD, Parkinson’s disease and stroke.

Our programme consists of 4 types of classes co-designed with lead NHS physios, academics, fitness and health professionals. The ongoing development and involvement of these professionals allows us to hold NHSGGC Quality Assurance standards for safe practice. Our instructors are trained to nationally recognised standards and hold both Postural Stability and BACPR Specialist Exercise Instructor Level 4 Cardiac qualifications. This enables us to deliver safe and effective classes for a wide range of mobilities and medical conditions.

Our participants are supported to safely challenge their capabilities, gradually building up their strength, co-ordination, endurance and flexibility, giving many the confidence to progress into mainstream exercise or to maintain an increased level of independence.

Vitality is a highly evaluated and successful partnership programme funded and supported by NHS Greater Glasgow and Clyde.

Margaret, 62, had a by-pass when she was 47 and also suffers from arthritis. 2 years ago she was referred from her GP to Live Active as it was highlighted that her inactive lifestyle was putting her at risk of a future cardiac event.

At her consultation the Live Active Advisor recommended she should try Vitality as the instructors were qualified to deal with her conditions. She decided to give it a go and after noticing the benefits of the exercise class she encouraged her relatives to come along. For the past 2 years Margaret and her sister Francis, who is living with cancer, and her sister in law Sarah, diagnosed with Alzheimer’s, have all been attending the Vitality classes at Glasgow Club Easterhouse.

Margaret has seen improvements in her mood, feels stronger and doesn’t need to hold onto the chair or table when trying to stand up anymore.

“Vitality is great for meeting new friends and getting together with the family, I really don’t know where me or my sisters would be without it”. Margaret, Easterhouse

Our Referrers

We support NHS Pulmonary Rehab, Cardiac Rehab and Falls Prevention teams to deliver over 30 classes per week across Glasgow. This allows for a smoother transition from rehab services into community based physical activity.

“It’s good to be able to suggest exercises which you know will be good for them and which are delivered by people who know about patients’ health conditions, so they won’t push them too hard”. Practice Nurse, Drumchapel
We understand the importance of independence and social connection as we age. That’s why our Revitalise programme has been designed to support older people aged 60+ to connect with their local community and make new friends through a range of fun, local activities including dance, easy exercise and arts.

The majority of our participants are aged over 75 and so we recognise the key role we can play in supporting them to live independently and well for as long as possible. Our highly experienced exercise instructors are qualified in Postural Stability which means they can deliver exercises that improve strength and balance which is proven to reduce falls, the main cause of disability among people of this age. Health by stealth really is the key to this programme – reducing the risk of falls whilst having a dance and sing-a-long at the same time!

We also offer a diverse programme of arts activity, such as photography, painting and singing which are delivered by a range of highly skilled local artists. Activities are designed to connect older people from hard to reach communities to wider arts opportunities and events such as displaying their work in local galleries or experiencing cultural events such as Mela, Merchant City Festival and Aye Write!

Revitalise is an award winning partnership programme funded and supported by Wheatley Group and Glasgow Health and Social Care Partnership.

**Our Reach**

<table>
<thead>
<tr>
<th>Annual unique participants</th>
<th>1,450</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Annual attendances</th>
<th>24,750</th>
</tr>
</thead>
</table>

| Venues citywide | 55 |

<table>
<thead>
<tr>
<th>of participants are aged 75 years or over</th>
<th>58%</th>
</tr>
</thead>
</table>

| Live in supported housing complexes | 17% |

“Four years ago I was suffering from severe depression and found it really hard to go out of the house. I attended Parkview Psychiatric Unit for 3 years where I was assigned a Community Psychiatric Nurse to visit me at home every week. About a year ago she told me about an Easy Exercise Class at Budhill and suggested I should try it.

It was frightening for me to get the courage to go along as doing anything by myself was an ordeal, but as soon as I entered I was made so welcome and the ladies “adopted” me. When I met the instructor Stephanie she was an inspiration and encouraged me to join in and have fun. I began to look forward to going along every week to find out what Stephanie had planned for us.

After a short time attending Revitalise my doctors at Parkview saw such an improvement in my co-ordination and my frame of mind that they discharged me. They said I was indeed one of their success stories.

I owe such a lot to Revitalise for how I am feeling now and the huge impact Stephanie and the classes have made to my life. Thank you all so much for helping me through such a dark time and making life worth living again.”

May, Budhill
We realise that we’re not always best placed to reach some of our most disengaged communities, that’s why we work closely with many trusted community groups and organisations. We build social capital by training and supporting local people to deliver Good Move activities at a time, day and setting that’s right for their community.

Last year, the Good Move team supported Community Lifestyles, an organisation supporting adults with learning disabilities, to set up health walks for their service users. It was identified early on in the process that the existing Health Walk Leader training was not suitable and that candidates would not get the most out of their training experience. The teams at Good Move and Community Lifestyles worked together to adapt the training and devise a new resource to ensure it was fit for purpose for individuals with a learning disability.

3 service users, along with their support workers, completed the course in June and wasted no time in establishing walks for their groups. One new walk leader Catherine has really embraced her new role and is doing a fabulous job. As well as supporting her fellow service users to get out and enjoy the outdoors, she has lost 13lbs in just five weeks.

When asked how she feels about the walks she leads Catherine says “Good, it gets me healthy. I think I’m helping people to lose weight and I like going to different places”. “I thought it was going to be all about climbing hills. It’s easier than I thought. I would like to climb hills as well.”

There are also a couple of areas she feels she could improve on such as finding new routes and also practicing her introduction. “I want to find places that are nice to walk and can have wheelchairs” Catherine, Community Lifestyles

“A number of 3D Drumchapel staff were able to access Wee Play training as part of the wider Drumchapel Early Years Network. The training was both interactive and informative and we have been able to utilise the materials within our targeted parent and child play session.

Wee Play provided a taster session for 3D Drumchapel during a week of different play methods called the BIG Play to encourage parents and children to play together in creative accessible ways. The taster was very well received and the variety of interactive games were enjoyed by parents and children alike.

3D Drumchapel is delighted to be able to work in partnership with Good Move to continue to provide families with enriching opportunities to play and learn alongside their children.” Gillian, 3D Drumchapel

“I work within a young housing project within the North/ West of Glasgow supporting individuals aged 16-25 years who are in their own tenancies or facing homelessness. Many of the young people, although keen to do some form of exercise, do not have the confidence or self-esteem to access leisure facilities on their own as they felt they would stand out.

When I heard about Thrive it sounded ideal as it meant I could be trained to deliver Zumba to the young people in an environment they were already comfortable and with a person they already knew. The training was excellent as well as the follow up support. It is good to know you have someone at Good Move you can speak to about any aspect of delivery.

Since starting to deliver Zumba we have had many females participate with most coming more than once. By delivering this the young people are more open to discussions around fitness, body shape etc. It also has a positive impact on individuals’ mental health, as many young people are quite isolated in their tenancies and Thrive allows them to get out and meet other young people in a safe environment.” Nicola, Quarriers
All across Glasgow we deliver hundreds of activities every week but this reach into local communities would not be possible without our dedicated and passionate volunteers.

They kindly donate their time to deliver activities, offer peer support, undertake research, act as ambassadors and promote activities in their community. And as many Good Move volunteers started out as participants, they understand first hand the barriers people may face when starting out in something new and are always on hand to pour a cuppa and have a friendly chat.

For us volunteering is not an additional service, volunteers are at the heart of what we do so we want to ensure they enjoy their time at Good Move. This means we offer a comprehensive package of training, some of which is core to their role and some of which supports their personal development and interests. We also provide ongoing day to day support, updates, newsletters and a calendar of social events to show our appreciation for all they do.

Volunteering with Wee Play was an extremely rewarding role and allowed me to feel like I was giving something back to the community. It taught me valuable skills and was crucial in granting me the sufficient experience necessary in successfully securing my career.  

Liam Burns, Wee Play Volunteer

“I am constantly blown away by their enthusiasm, commitment and dedication to the programme. Despite juggling busy personal lives, they always arrive with welcoming smiles and are 100% focused on the participants and delivering an enjoyable session for everyone” Good Move Volunteering Development Officer

The walk leaders were very supportive and walked with me at the back letting me go at my own pace and have a seat if I needed a rest. Over time I got stronger and can now walk faster, further and have less rests. I have even managed to get back to my bowls - something I thought I would never be able to do! I really look forward to the walk and have met some lovely people and enjoy the company” Participant about Good Move Volunteer

I was very impressed with the volunteer training programmes. There are lots of resources and support available to help you in your volunteer role so you are not left on your own. The staff are very good at providing ongoing support and there are regular meetings, training and weekly newsletters. Good Move Volunteer

“The training was very informative and delivered in a fashion that wasn’t overwhelming and encouraged me to get involved” Good Move Volunteer

“Being a Good Move Motivator attending a stand or by visiting organisation’s I feel I am increasing the awareness of local exercise and increasing the number of participant’s getting help. Volunteering has given me a positive focus in my life and a useful way of using my spare time. Being able to direct people to the services available does make you feel you are doing something worthwhile. Volunteering is a great and enjoyable way to meet a lot of fantastic people. Try it!” Good Move Volunteer

Volunteering with Good Move will have a hugely positive impact on me...I have been supported and mentored by Good Move staff with their knowledge from years within in the industry which has been wonderful. Amy, Thrive Volunteer
To make your Good Move please call **0300 343 0400**
or visit our website [www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

Find us on facebook  
[Good Move Glasgow](http://www.facebook.com/GoodMoveGlasgow)

For further information on our work in Glasgow, please call **0141 287 3836**
Closing the Gap

From the outset, it was planned that the Games would leave a lasting legacy for Glasgow. The Glasgow 2014 Legacy Framework was developed following an extensive process of consultation with stakeholders.

The Legacy Framework is structured around six legacy themes, where the ambition is to leave Glasgow: more Prosperous; more Active; with an enhanced International image and outlook; Greener; more Accessible; and more Inclusive.

Glasgow’s legacy outcomes for the Active theme had two high level outcomes:
- Increase the capacity of the sports infrastructure, through improved club development and coach education
- Increase participation in sport and physical activity and contribute towards improving health and wellbeing of Glaswegians

The monitoring of the legacy framework covers the period from 2009 to 2019.

“The Scottish Government and Glasgow City Council planned early for legacy. They have established clear plans for realising legacy benefits from the Games at local, city-wide and national levels. Both the Government and Council have developed an evaluation framework and intend to monitor and report progress regularly up to 2019.”
Commonwealth Games 2014, third report Audit, Audit Scotland

“A comprehensive set of indicators is in place.” Commonwealth Games 2014, third report Audit, Audit Scotland, March 2015

Glasgow in Context

Almost half of Glasgow’s residents - 286,000 people - reside in the 20% of most deprived areas in Scotland. In contrast, just 20,600 people (3.5% of the population) live in the 10% of least deprived areas in Scotland (based on 2012 population estimates)

33% of all children in the city (over 36,000 children) were estimated to be living in poverty in 2012

Increased Participation

<table>
<thead>
<tr>
<th>Local Authority</th>
<th>2015/16</th>
<th>2009/10</th>
<th>% Difference</th>
<th>Actual Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>5,787,604</td>
<td>4,547,167</td>
<td>273%</td>
<td>1,240,437</td>
</tr>
<tr>
<td>Scotland</td>
<td>53,084,305</td>
<td>43,277,594</td>
<td>22.7%</td>
<td>9,806,711</td>
</tr>
</tbody>
</table>

Source: Audit Scotland / Local government Benchmarking Framework
<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2009/10</th>
<th>% Point Change</th>
<th>% Difference</th>
<th>Survey Size (2015)</th>
<th>% of population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glasgow City</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any sporting participation (incl walking)</td>
<td>74</td>
<td>65</td>
<td>9</td>
<td>14</td>
<td>810</td>
<td>0.1%</td>
</tr>
<tr>
<td>Any sporting participation (excl walking)</td>
<td>50</td>
<td>47</td>
<td>3</td>
<td>6</td>
<td>810</td>
<td>0.1%</td>
</tr>
<tr>
<td><strong>Scotland</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any sporting participation (incl walking)</td>
<td>80</td>
<td>72</td>
<td>8</td>
<td>11</td>
<td>9,800</td>
<td>0.2%</td>
</tr>
<tr>
<td>Any sporting participation (excl walking)</td>
<td>52</td>
<td>51</td>
<td>1</td>
<td>2</td>
<td>9,800</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

Source: Scottish Household Survey

**Males:**
- 2% increase in sport and exercise (excluding walking) amongst adult males (no change in the Scottish figures)

**Females:**
- 12% increase in sport and exercise (including walking) amongst adult females, narrowing the gap with the Scottish average (Scottish increase 9%)
- 4% increase in sport and exercise (excluding walking) amongst adult females, narrowing the gap with the Scottish average to 2% (Scottish increase 1%)

<table>
<thead>
<tr>
<th>2015/16</th>
<th>2009/10</th>
<th>% Change</th>
<th>Actual change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Members of Clubs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20,879</td>
<td>4,165</td>
<td>401%</td>
<td>16,714</td>
</tr>
<tr>
<td>Qualified Coaches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4,577</td>
<td>2,350</td>
<td>95%</td>
<td>2,227</td>
</tr>
<tr>
<td>Volunteers actively working with junior clubs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4,490</td>
<td>2,139</td>
<td>110%</td>
<td>2,351</td>
</tr>
</tbody>
</table>

- 42% of Glasgow Club members live in the most deprived areas (SIMD quintile 1), against a city profile of 47%.
- 94% growth in pay monthly memberships from 13,440 to 41,090 and a 70.6% growth in pay as you go memberships from 13,440 to 22,926 since the beginning of legacy monitoring in 2009.
- 63% of adults in Greater Glasgow and Clyde do at least 150 minutes of activity per week (meet the guidelines). The same level Scotland as a whole.

**Reputation and Inspiration**

Following the ‘best ever’ Commonwealth Games in 2014 and the 2015 World Gymnastics Championships, Glasgow has now been named as one of the world’s top five sporting cities. The city’s success at the SportBusiness 2016 Ultimate Sport Cities Awards also included wins in the Best Legacy and Best Small City categories.

Glasgow has invested in infrastructure, club development and events in gymnastics for over 20 years including the Commonwealth Games and the 2015 World Gymnastics Championships. This combined with the emergence of iconic athletes such as Max Whitlock, Beth Tweddle, and Louis Smith has seen attendances at Glasgow Life’s gymnastics pathways programmes rise from 75,251 in 2014/15 to 86,206 in 2015/16 – a 15% increase. Over the same period attendances at the city’s seven gymnastics clubs have increased from 14,321 to 18,303 – up 28%. The combined increase across all programmes is 17%.

**The World Gymnastics Championships 2015**

10 days of elite sporting competition plus significant development opportunities aimed at inspiring the next generation of young gymnasts. A total of 678 young people from the city’s Primary, Secondary and Additional Support for learning schools took part in the Glasgow Schools Gymfest, watched by 1,500 parents and carers.
Volunteering

A legacy from the Games was to build a volunteering legacy, encouraging volunteers to support day to day community events as well as larger city events. The Strategic Volunteering Framework was established by Glasgow Life and Volunteer Glasgow to formalise the partnership approach to recruiting and supporting volunteers.

There are 2,500 regular volunteers on our database who support events such as:
- the World Gymnastics Championships in 2015 (446 volunteers)
- the Homeless World Cup (200 volunteers - many of whom were themselves homeless at one point)
- The Davis Cup Tennis (43 volunteers)

Infrastructure

- The Games Venues, new and refurbished, have become an unparalleled legacy for Glasgow and Scotland, leaving Glasgow with some of the best sporting amenities in Europe.
- Since 2009, £196 million has been invested in sports facilities across the city including those which served as Games venues - Emirates Arena and Sir Chris Hoy Velodrome; Tollcross International Swimming Centre; Glasgow National Hockey Centre; Scotstoun Stadium; Scotstoun Leisure Centre; Tonyglen Football Centre; Kelvingrove Lawn Bowls Centre and Cathkin Braes Mountain Biking Circuit. All sports facilities were complete and in use by the community more than a year before the Games.
- Deliberate policy of capital investment in the most deprived areas of the city.

<table>
<thead>
<tr>
<th>Emirates Sports Campus</th>
<th>Tollcross Sports Campus</th>
<th>Scotstoun Sports Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over 1 million attendances since opening</td>
<td>Over 2 million attendances since reopening</td>
<td>Over 1 million attendances since reopening</td>
</tr>
<tr>
<td>3,400 regular Glasgow Club users</td>
<td>6,900 regular Glasgow Club users</td>
<td>9,000 regularly Glasgow Club users</td>
</tr>
<tr>
<td>Over 220 events since opening from Davis Cup Tennis to Scottish Schools Athletics Championships</td>
<td>Six major swimming events from Duel in the Pool to British International Para Swimming Championship</td>
<td>IRB (International Rugby Board) Sevens in 2012, 2013 and 2014, and GUINNESS PRO12 matches</td>
</tr>
<tr>
<td>Home to National Governing Body for Netball and Cycling; a national training and events venue for athletics, basketball, netball and track cycling.</td>
<td>Home to the City of Glasgow Swim Team</td>
<td>Home to the Glasgow Warriors</td>
</tr>
<tr>
<td>Over 20,000 Velodrome usage annually</td>
<td>Nearly 200,000 learn to swim usages in 2016-17</td>
<td>17,000 squash usages in 2016/17, up 12.3% from 2013-14.</td>
</tr>
<tr>
<td>18.1% of the local adult population are Glasgow Club members</td>
<td>18.4% of the local adult population are Glasgow Club members</td>
<td>18.0% of the local adult population are Glasgow Club members</td>
</tr>
</tbody>
</table>

Cycling

Glasgow has seen an 85.8% increase in people cycling, increasing from 5,213 in 2009 to 9,686 in 2016.

The Glasgow Mass Automated Cycle Hire Scheme (MACH) has increased registered users from 11,501 in 2015 to 15,965 in 2016. Over the same period business/corporate memberships has grown from 1,800 to 2,809. The average daily hire has witnessed a corresponding increase usage from 10,905 to 14,468.

Breeze Cycling is the biggest programme ever to get more women into riding bikes for fun. The programme is delivered by Glasgow Sport and British Cycling; figures for the first half of 2016 show 356 women have taken part in Breeze rides across Glasgow, up from 166 for the year 2015/16.
Removing Barriers

**GoWell East End Study:**
13.7% of the population in the GoWell study area are members of the Glasgow Club. The GoWell study examines the likelihood of the Games, and associated regeneration activities, having economic impacts upon the east end in the short term and the medium to long term. The study area comprised, around 11,000 dwellings and a population of nearly 19,000 living in 6 communities: Bridgeton, Calton, Camlachie, Dalmarnock, Gallowgate and Parkhead.

Glasgow Sport understand that there are a range of factors which limit engagement with leisure services and are committed to doing everything possible to making our service ‘Barrier Free’. Some examples:

**Cultural Barriers:** Established adult female only swimming sessions at Glasgow Club North Woodside running twice weekly and attract over 100 women weekly.

**Physical Barriers:** ‘Changing Places’ changing facilities in 4 sports facilities and enhanced changing for disabled service users in a number of others.

**Access to transport/Geographical Barriers:** 32 facilities distributed around the city so no-one is more than 2 miles from a leisure facility. The average walking time to a Glasgow Sport facility is 18 minutes.

**Economic Barriers:** Across the board ‘universal’ concessions for those on low incomes. Targeted approaches with partners focusing on specific client groups. We work well with partners and have long established relationships with NHS health improvement, NHS rehab teams, Health and Social Care Partnerships, national agencies like Paths for All, SAMH, and local housing associations. Work with community teams to identify and refer disengaged groups and utilise ‘Access Card’ scheme to introduce to leisure and build culture of engagement. E.g. most disengaged, recovering addicts, refugee groups etc.

ParkLives with Coca Cola:
A great example of how local authorities can work with business to support the delivery of effective, scalable physical activity initiatives in communities across the country. Glasgow Sport delivers up to 50 sessions a week between April and September offering free activities to people of all ages across the city removing the barriers of cost and locality. Over 6,000 participants have taken part.

Target Programmes

**Good Move**
“Good Move is a range of programmes that incorporates best practice in terms of the promotion of physical activity for health.” ….. “In this regard Good Move is helping achieve Scotland’s goal of helping the inactive become more active and thus improve the nation’s health.”…….. “As a citizen of Glasgow I am really pleased to have the Good Move programme on my home turf and congratulate Glasgow Life for creating it.”

Professor Nanette Mutrie, MBE CPsychol FBASES FHEPA-Europe, Director of Physical Activity for Health Research Centre University of Edinburgh

- 172 Active Good Move volunteers
- 130,000 Annual Good Move Attendances
- 6,572 Good Move participants
- 6,612 Volunteer hours donated annually by Good Move volunteers
- 68% participants live in a SIMD 1 or 2 areas

Walking is the most common activity for meeting the recommended levels of physical activity in Scotland.

- 1,700 Annual led walks
- 20,000 Annual walking attendances
- 62% Participants live in a SIMD 1 or 2 area

**Community Sport Hubs**
Glasgow Sport supports local sports clubs and organisations to become stronger by working together to share resources and expertise through Community Sport Hubs. Since 2012, 13 Community Sport Hubs have been established across the city. Hubs have individual aims and plans but all of them are working to develop sport and physical activity opportunities in their local community.

- 8,583 HUB Club Members
- 749 Coaches
- 61% Junior Members

**Disability Sport**
Glasgow Sport’s Disability Sport Team delivers more than 50 weekly sessions for young people aged between 5 and 18. Activities include football, basketball and multi-sport sessions. There were 6,300 attendances on the Free Learn to Swim programme for pupils from Additional Support Needs schools during the last year. The Disability Adult programme provides a range of activities to an average 150 people each week, including both 1:1 disability swimming sessions and gym sessions.
Drumchapel Community Sport Hub
"Get Active in Drumchapel"
October 2015 - December 2016

Evaluation report to Spirit of 2012 Trust
"Legacy 2014 Physical Activity Fund"
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. INTRODUCTION</td>
<td>3</td>
</tr>
<tr>
<td>• 1.1 Context</td>
<td>3</td>
</tr>
<tr>
<td>• 1.2 Mission and purpose</td>
<td>3</td>
</tr>
<tr>
<td>• 1.3 Outcomes</td>
<td>3</td>
</tr>
<tr>
<td>• 1.4 Evaluation Objectives</td>
<td>3</td>
</tr>
<tr>
<td>• 1.5 Evaluation Methodology</td>
<td>4</td>
</tr>
<tr>
<td>2. FINDINGS</td>
<td>5</td>
</tr>
<tr>
<td>• 2.1 Participation</td>
<td>5</td>
</tr>
<tr>
<td>• 2.2 Leadership</td>
<td>10</td>
</tr>
<tr>
<td>• 2.3 Partnerships</td>
<td>12</td>
</tr>
<tr>
<td>• 2.4 Well-being</td>
<td>14</td>
</tr>
<tr>
<td>• 2.5 Attitudes to Disability</td>
<td>17</td>
</tr>
<tr>
<td>3. Additional Information</td>
<td>18</td>
</tr>
<tr>
<td>• 3.1 Media Coverage</td>
<td>18</td>
</tr>
<tr>
<td>• 3.2 Challenges and Learning</td>
<td>19</td>
</tr>
<tr>
<td>• 3.3 Sustainability</td>
<td>20</td>
</tr>
<tr>
<td>• 3.4 Future for Drumchapel Sports</td>
<td>20</td>
</tr>
<tr>
<td>4. APPENDICES</td>
<td>22</td>
</tr>
<tr>
<td>• 4.1 Statistics provided by Strathclyde University</td>
<td>22</td>
</tr>
<tr>
<td>• 4.2 Case Studies</td>
<td>28</td>
</tr>
<tr>
<td>• 4.3 Change Records</td>
<td>38</td>
</tr>
<tr>
<td>The following Appendices are provided as separate documents:-</td>
<td></td>
</tr>
<tr>
<td>• 4.4 PEEK Report</td>
<td></td>
</tr>
<tr>
<td>• 4.5 Glasgow Bike Station Report</td>
<td></td>
</tr>
<tr>
<td>• 4.6 4-Page Information leaflet on these findings</td>
<td></td>
</tr>
</tbody>
</table>
1. INTRODUCTION

1.1 Context

Drumchapel Community Sport Hub (Drumchapel Sport) successfully applied for a grant from the Spirit of 2012 Trust for the Scottish Government’s "Legacy 2014 Physical Activity Fund". The project offered multifaceted activities which included boxing, gymnastics, tennis, table tennis, girls football, basketball, children’s play, adult sport activities, dancing and cycling. Independent evaluation has been undertaken throughout the project; this report covers the project from October 2015 until November 2016, although activities continued until December 2016, and contains both quantitative and qualitative evaluation of the delivery and impact of the project.

1.2 Our Mission and Aim of the project

The Drumchapel Sport mission is for a confident, healthy and aspiring community in Drumchapel.

Drumchapel Sport uses sport to unite the community, encourage active, healthy lifestyles and to develop individuals by promoting a range of sports, making participation easier, supporting existing volunteers and opportunities for new ones, and strengthening the capacity of internal and external partnerships.

Through the Legacy 2014 Physical Activity Fund, Drumchapel Sports aimed to engage with people in the Drumchapel, who have not previously been involved in activity within the hub, particularly adults in the community.

1.3 Our Outcomes

The Outcomes we are working to achieve, mirror those of Active Scotland (and of the Spirit of 2012 trust). These are:-

- To increase/sustain participation by inactive/active members (inc. young people) - Participation
- To expand the community leadership pool (young people/employability/sustainability) - Leadership
- To improve partnership working within and around the Hub (resilient communities/sustainable programmes) - Partnerships
- To improve well-being and resilience of community members - Well-being
- To reduce negative attitudes to disability - Attitudes to disability

1.4 Our Evaluation Objectives

The objectives of this evaluation are as follows:-

- To evaluate achievements and progress against the 5 Outcomes
- To explore challenges and learning opportunities identified through the project
- To present case studies of appropriate, specific beneficiaries
1.5 Evaluation Methodology

The Get Active in Drumchapel project is one of eleven projects across Scotland involved in the Legacy 2014 Physical Activity Fund. Full programme evaluation was led by Strathclyde University, who along with Evaluation Support Scotland, supported the individual projects through quarterly Learning Events and workshops to share best practice, learn from the other project’s experiences and advise on the analysis and reporting of evaluation material.

Both quantitative and qualitative information has been collected, using the following methods:

- Entry and exit registration forms provided by Strathclyde University
- Registers of participants
- Detailed reports from PEEK and Glasgow Bike Station
- Observations Sheets completed by coaches and/or leaders
- Face to face and telephone interviews
- Observation of activities
- Informal conversations with participants
- Input from sportscotland Sport Hub evaluation

Get Active in Drumchapel Partners:

Drumchapel Sports Hub Clubs:

Drumchapel Sports supported by:
2. **THE FINDINGS**

2.1 **Participation**

The project was designed to encourage members of the community who were inactive to become active, as well as to sustain participation by already active members. It included young people. The table below shows the "big picture", giving a breakdown, by age, gender and ability, of how many participants actually took part against the target number.

<table>
<thead>
<tr>
<th>Age</th>
<th>Target</th>
<th>Actual</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>96</td>
<td>Disabled</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>96</td>
<td>Non-dis.</td>
<td>159</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 – 7 years</td>
<td>Male</td>
<td>288</td>
<td>Disabled</td>
<td>44</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>278</td>
<td>Non-dis.</td>
<td>522</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 – 14 years</td>
<td>Male</td>
<td>50</td>
<td>Disabled</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>35</td>
<td>Non-dis.</td>
<td>50</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 – 30 years</td>
<td>Male</td>
<td>118</td>
<td>Disabled</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>127</td>
<td>Non-dis.</td>
<td>195</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 – 64 years</td>
<td>Male</td>
<td>40</td>
<td>Disabled</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>60</td>
<td>Non-dis.</td>
<td>70</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65+ years</td>
<td>Male</td>
<td>496</td>
<td>Disabled</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>500</td>
<td>Non-dis.</td>
<td>837</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals</td>
<td>Male</td>
<td>996</td>
<td>Disabled</td>
<td>996</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>1121</td>
<td>Non-dis.</td>
<td>993</td>
</tr>
<tr>
<td>Other †</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grand total</td>
<td>996</td>
<td>1121</td>
<td>996</td>
<td>1121</td>
</tr>
</tbody>
</table>
There were around 44% male and 56% female participants, with around 11.5% of all participants having a disability. More females participated than had been targeted at the outset (up by 124), whilst the number of males participating were on target. There were 128 people with disabilities that actually took part, as opposed to the 159 anticipated.

Please note, although there were many more individuals who were "exposed" to our projects, or indeed that "encountered" the activities, we have concentrated our findings in this section of the report on the 1121 participants for whom we have written records (registers etc). For more information on the greater numbers mentioned above, please read the Bike Station and PEEK reports attached as Appendices 4.3 and 4.4.

Of the 1121 participants detailed in Table 1, we collected and logged completed entry forms from 360 of them, and completed exit forms from 290 participants. Some of our participants were children for whom the forms were not intended, and others had sufficient levels of disability that made it difficult for them to complete the forms (some of these were completed with assistance from leaders).

**Drumchapel United - girls football (45 participants)**

This club worked with the local Active School coordinator to identify girls for new, girl specific football sessions. The club delivered weekly sessions through volunteer club coaches. More than 40 girls took part each week, allowing them to develop three teams.

**Hub Club Schools programme - young people (545 participants)**

Various clubs have been involved in Hub club schools programme. These include Glasgow Eagles, along with Drumchapel ABC, Drumchapel Tennis Club, Drumchapel Table Tennis Club and Drumchapel Gymnastics Club.

The Gymnastics Club delivered taster sessions at the Sport Centre for local primary schools. These sessions introduced pupils to gymnastics and to the Sport Centre - breaking down barriers to participation through familiarising them to the facility. In total 192 participants took part in gymnastics, of which there were 96 females and 96 males, with 33 having disabilities.

Following planning meetings at Drumchapel Sports hub, Glasgow Eagles changed focus in order to reach more inactive people based in Drumchapel. They ran walking football sessions at Drumchapel Sports Centre for disabled adults. The club linked with the local Enable group to target potential participant. The table tennis sessions were attended by 29 participants of whom 10 were female and 19 were male.
Tennis sessions attracted 85 participants (31 female, 54 male) and the boxing club had 48 participants, 18 female, 30 male - or which 16 were disabled.

A multi-sport camp was held in Drumchapel Sports Centre during the schools summer holidays. The aim was to engage with children and young people who didn't have plans for attending activities during the break from school. Promotion was targeted at local young people that were not current members of the hub clubs. 125 children attended the activities throughout the summer; the sessions were led by local club coaches who highlighted the opportunities to take part in sport through the clubs. A number of the participants transferred into the club activities that take place throughout the year.

Over all of the activities delivered via the Hub, participation came from 265 females, 280 males, with 74 having disabilities.

**The Bike Station (342 participants)**
Having purchased 20 bikes and organised storage of these at the Sport club, Bike Station, through a learning period, tweaked their plans and organised a) a weekly, ladies only ride for on-road cycle confidence b) a regular ride mainly attended by individuals supported by SAMH mental health support charity c) a weekly, men only ride, and d) a regular weekend family friendly ride. Other, ad-hoc rides were also delivered throughout the year, as well as bike maintenance sessions. In total 201 females and 141 males participated in this activity. Of this number 9 were disabled.
See Appendix 4.4

**Argo Boxing Club (16 participants)**
This boxing club targeted recovering addicts. Sixteen males joined and attended at various intervals. One of the men that attended, lost weight and went on to join a gym.

The boxing club has become a known and trusted organisation within the addiction community.
Multi sport sessions - Inactive Adults (21 participants)
A new multi-sport session was established with the help of community link nurses. It targeted long term inactive adults, encouraging them to become involved in physical activities. The sessions focussed on providing a friendly and welcoming environment with a social element. Individuals were welcomed into the sport centre and encouraged to build up the amount of physical activity they took part in. The participants were supported throughout the sessions. Participants were 21 female of which 2 were disabled, and 7 male.

Disability Group - Inactive Disabled Adults (43 participants)
A group of adults with a range of learning disabilities, from a local community organisation, were targeted to take part in a dance and fitness session at the Sport Centre. Over 40 people took part in an instructor led session each week. The sessions aim to involve the group in the local community as well as introducing them to physical activity. In all, 43 adults with disabilities participated in this activity, of which 18 were female and 25 were male.

PEEK - young people (56 participants)
Building on the activities of PEEK in the Glasgow area over the years, Taster Sessions and Active Play sessions were delivered through local primary schools, where PEEK have developed partnerships over a period of time. In addition, community based Street Play sessions were delivered in Southdeen Park. Whilst recognising that very large numbers of children were “encountered” when activities took place, for example, at schools where the whole school roll had exposure to the activity, a total of 56 participants were registered at the community sessions of whom 26 were male and 30 female. See Appendix 4.
Of the entry and exit forms logged, 125 sets of adult data were matched and it is these, where the changes for individuals are quantifiable, that have been used to provide further statistical analysis. This data has been provided by Strathclyde University (Appendix 4.1), using the information provided by Drumchapel on the spreadsheets designed by Strathclyde University.

The statistics regarding the type and the level of activity undertaken by individuals pre and post involvement in the project were as follows:-

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Pre Activity Mode</th>
<th>Post intervention Activity Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incidental activity</td>
<td>25</td>
<td>9</td>
</tr>
<tr>
<td>Regular Activity for fitness/exercise</td>
<td>30</td>
<td>52</td>
</tr>
<tr>
<td>Organised sport</td>
<td>34</td>
<td>37</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>0</td>
</tr>
</tbody>
</table>

As can be seen from the above chart, the biggest movement has been in reducing the number of incidental activity from 25 to 9, and, more importantly, to increase the regular activity for fitness and/or exercise from 30 to 52. This movement is entirely in line with the desired outcomes from the project.

When we look at the statistics below regarding the reasons participants gave for taking part initially, and what they believed they had actually gained, it is clear that the activities provided delivered on the expectations of benefits from the participants, helping to explain why there is such a large increase in the number who have reported increased levels of regular activity post intervention.

### Benefits Sought and Gained

<table>
<thead>
<tr>
<th>Benefit Category</th>
<th>Sought</th>
<th>Gained</th>
<th>% sought</th>
<th>% gained</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness benefits</td>
<td>81</td>
<td>93</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>Weight benefits</td>
<td>51</td>
<td>61</td>
<td>14%</td>
<td>12%</td>
</tr>
<tr>
<td>Social benefits</td>
<td>43</td>
<td>88</td>
<td>12%</td>
<td>18%</td>
</tr>
<tr>
<td>Flexibility benefits</td>
<td>40</td>
<td>45</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Activity level benefits</td>
<td>32</td>
<td>60</td>
<td>9%</td>
<td>12%</td>
</tr>
<tr>
<td>Fun benefits</td>
<td>73</td>
<td>104</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>Risk Benefits</td>
<td>31</td>
<td>38</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Other Benefits</td>
<td>3</td>
<td>0</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Total</td>
<td>354</td>
<td>489</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>
2.2 Leadership

With a relatively large number of activities on offer, Drumchapel Sport were well placed regarding both existing coaches and volunteers, and their ability to expand the community leadership pool.

Drumchapel United (girls football), became an opportunity for volunteer club coaches to experience organising, developing and coaching a girls only team. Clubs involved in the Hub Club Schools Programme also used volunteer club coaches. Gymnastics added this activity to the options for their youngsters to start pre-coach qualifications. There is a strong belief in Drumchapel that "locals trust locals", and it is recognised that home grown coaches are more likely to give back to the community in the future.

The Bike Station embarked on a volunteer strategy that included hosting a volunteer information evening in December 2015. Their package of training included Bike Mechanic (City & Guilds level 1-3), Ride Leader and Cycle Trainer. Bike Station went on to train a total of 25 people, as follows, 8 of which continue to support the cycling activities:-

- 5 volunteers have completed professional standard City and Guilds bike maintenance training programme.
- 4 volunteers have completed a four day National Standards Cycle Trainer course certified by Cycling Scotland
- 16 volunteers have completed Ride Leader course certified by Cycling Scotland.

"I have absolutely loved being involved with promoting and running cycling activity in Drumchapel. The positive feedback and encouragement from participants has given me confidence as a coach and an instructor. I absolutely love getting out with all the groups and enjoy encouraging and supporting people to get on the bikes, of all ages, from the toddlers at Play on Pedals, to the young people in the youth group, the ladies on Monday nights to the older people." Volunteer turned local co-ordinator

The Argo Boxing Club, who targeted recovering addicts, were supported by one of their volunteer coaches who has previously received training regarding people suffering from, or recovering from, addiction. This activity became an opportunity for other volunteer coaches to receive experience of dealing with recovering addicts, which in turn improves the potential for recovering addicts to attend the club, as they will feel more understood, welcome and supported.

Although the coaches leading the various activities in the Multi-sports Inactive Adults session were previously recruited and trained club coaches, the leadership of the group very much came from the Community Link Practitioner, without whom some of the participants would never have been confident enough to attend.
Similar to the Multi Sports sessions, the Disability group although instructor led, are looked after by a specialist leader from the Thomas Fortune organisation. Both of these activities are examples where both the partnership and the leadership have been totally integral to the success of the activities.

PEEK used their existing relationship with Drumchapel High School to attract new volunteers. Over 40 individual pupils registered their interest in becoming Play Volunteers. Due to staff capacity, 12 females aged 15-17 years old were selected and supported through an intense, comprehensive, volunteer recruitment and training programme. (See the PEEK report Appendix 4.3 for full details of the training). These 12 Play Leaders were utilised in the running of 30 PEEK play sessions throughout May and June, and will have gained invaluable experience for them as individuals.

“The experience I’ve had with PEEK has been amazing. I’ve took part in things I probably never would have done like helping at events. Throughout my time I’ve met so many amazing young children who I’ve been able to share my love for play with and help provide a safe environment for them to play and enjoy their childhood. PEEK has been such an amazing opportunity.” J.H female young leader

It is well documented that youngsters in particular who take part in sport leadership training (either as coaches or as volunteers), become more employable, are more likely to be in, or become in work and/or further education, and where they are "home grown", young leaders increase the likelihood of local activities being sustainable. This project has not only given experience and up-skilling opportunities to existing leaders, but has also expanded the community leadership pool.
2.3 Partnerships

Strong partnerships are at the very centre of the successful delivery of this project.

Internal Partnerships
Drumchapel Sports was established as a Community Sport Hub to bring local sports clubs together in order to share resources, knowledge and skills to improve the offer and range of sports in the local area. The clubs meet regularly to plan activities and community events in Drumchapel and the local schools. The mission on the hub is to contribute to a confident, healthy and inspiring community. The conversations that take place at hub meetings helped to identify new activities and programmes that would be suitable for inactive people. The hub is represented on a number of local forums which promote partnership working including the NHS Active Drumchapel group.

Drumchapel Sports was the link organisation for all elements of the Get Active in Drumchapel project, meeting with Glasgow Bike Station and PEEK to plan and review delivery as well as maintain a focus on evaluation throughout. As the organisation with the local knowledge, Drumchapel Sports provided links to area based organisation where inactive people could be targeted, as well as facilitating relationships with the local schools.

External Partnerships
The get Active in Drumchapel project has helped Drumchapel Sports to widen the extent of its community engagement through the links to local partner organisations such as:

- **COPE Scotland** – provided referrals to the various rides and training on offer. They also heavily supported our Get Active Drumchapel event in terms of funding, equipment, activities and evaluation. In addition, COPE supplied venue space and have committed additional funding to support the group development going forward.

- **G15 youth project** – allocated staff to encourage young people to access rides and maintenance training. They organised rides, trained personnel as Ride Leaders to enhance the project and advised on how to make it more ‘youth friendly’. They also advised on how to attract more young women to the services on offer.

- **Wheel Fix It** – identified volunteers to take on the bike maintenance training and supported the promotion of the rides and training opportunities on offer. They also contributed highly to the Get Active Drumchapel event which ran in September 2016 and they are committed to continue to maintain the bike fleet going forward.

- **ENABLE Fortune Works** – local adult disability centre. Partnership working with this organisation enabled inactive adults with a disability to be involved in regular dance and fitness classes as well as walking football.

- **Glasgow Sport** – supported Drumchapel Sports planning, delivery and management of the project through the sports hub development officer. The officer helped to connect local organisations to the project as well as support the voluntary clubs with session planning, marketing and evaluation.

- **SAHM** - referred potential participants to Bike Station.

- **Alliance** – Community Links Practitioners worked with nurse practitioners to identify and refer clients as well as supported them to attend to activities in the project.
These partnerships helped local people to feel trust and that they were supported in the new activities offered, none more so than the community links practitioners who supported some of the least active people in the community into the activities offered. The extent to which partnership working, both internal and external, has improved is evident. Both the quality and the quantity of partnership working has improved. All the club representatives, when interviewed, agreed strongly that they found working within the hub environment to be supportive and a chance to share experiences and advice. The willingness and intent to continue with these partnerships has been expressed by internal and external partners alike, making this community more resilient and enabling these programmes to be more sustainable.

EXTERNAL PARTNERS

- Alliance
- G15 Youth Project
- WRRDL
- Fortune
- COPE Scotland
- SAMH
- Glasgow Life
- Sport for Everyone
2.4 Well-being

As a result of this project, significant, and even life changing improvements have been reported in the well-being of some participants. The data below, taken from the entry and exit forms, along with the quotations from individuals (plus the detail in the case studies in Appendix 4.2), form a very positive picture regarding the power that engagement and activity has been shown to make in changing lives for the better.

"This is the perfect opportunity for a staged approach back into the community" Community Link Practitioner

The benefits that participants were looking to achieve, and that they did achieve (see the chart on page 7), start to paint a picture of why participants would have more positive feelings and thoughts about their future, and their own well being.

Although volunteers well-being was not specifically measured in this study, it is worth noting that in a study by Join In (2014) reported that ‘compared to non-volunteers, people who volunteer in sport are considerably higher on the measures of feeling like their life has a sense as purpose, that they are doing something important, feel a sense of pride and that their life has meaning’. The same study found that sport volunteers have ten per cent higher self-esteem, emotional well-being and resilience and are fifteen percentage points less likely to worry. Evaluations focused specifically on youth sport volunteering initiatives have also highlighted positive outcomes in well-being and health for young volunteers. Evaluation of the Co-operative Street Games Volunteers found that involvement was perceived to improve the health of volunteers and those they supported (StreetGames, 2014) and participation in the Step into Sport programme reportedly encouraged young volunteers to think more about health and fitness.

The following chart shows the change in feelings regarding life satisfaction, happiness and anxiety levels reported by those who completed entry and exit forms. As can be seen, 50% of participants recorded, felt more satisfied with their life, 61% experienced greater levels of happiness and 63% felt they had lower levels of anxiety. Only 12-13% of participants felt that they were less satisfied, less happy and had higher anxiety levels. As can be imagined, people who have been inactive for a long time, often have feelings of heightened anxiety (resulting in unhappiness and less life satisfaction) particularly during the initial period of trying something completely new.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Less</th>
<th>%</th>
<th>No change</th>
<th>%</th>
<th>More</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Satisfaction</td>
<td>12</td>
<td>10.3</td>
<td>55</td>
<td>47</td>
<td>50</td>
<td>42.7</td>
</tr>
<tr>
<td>Happiness</td>
<td>13</td>
<td>11.1</td>
<td>43</td>
<td>36.8</td>
<td>61</td>
<td>52.1</td>
</tr>
<tr>
<td>Anxiety Levels</td>
<td>63</td>
<td>56.8</td>
<td>35</td>
<td>31.5</td>
<td>13</td>
<td>11.7</td>
</tr>
</tbody>
</table>
As well as the data collected via entry and exit forms given above, here are some quotes from participants which illustrate, in their own words, their level of satisfaction in the activities, their heightened happiness level and/or their lessened anxiety levels. These quotations speak volumes:-

"People in Recovery of addiction – the sessions helped with regards to confidence. People weren’t used to exercise and became familiar and, in turn, more confident with the exercises and the environment" Argo Boxing Club official

“Our group looks forward to the Friday morning. After a long week working at the Centre it’s a great way to have fun and exercise. It’s also a great, fun way for the group to keep fit" Support Worker, Thomas Fortune

“One of our young males has become confident enough to stand in front of all his friends and teach them a sign language dance routine” Assistant Support worker, Thomas Fortune

“When I came out on my first ride I hadn’t been doing much exercise or going out of the house. As such my mental health was deteriorating, would I went along to the cycle very nervous, The leader was amazing and reassured me." Female participant in bike rides

“I feel good in myself for doing a bit of keep fit. I’ve really lost lots of weight since I’ve joined. I couldn't be any happier and I've told a lot of people about it. Some of my friends have come along and then they have joined. They feel the same - brilliant and more fitter. think the best bit is that everyone helps each other – it is a brilliant club” Participant in bike rides

"Although my heightened periods of anxiety are very much a daily experience and a live issue, I used the coping skills I learned through playing sports with my group to allow the Community Links Practitioner to link me into further engagement to facilitate my personal development and to bettering my life. I do believe these activities in such an environment has been the catalyst to my better life because today I called My Community Links Practitioner to tell her…… I got the job!!!" 28 year old male, participant in Inactive Adult Group

"Some months on now, we still experience and live in a depressive state, but on Tuesday mornings we seem to come to life as we have a focus and know we are part of a group supported by people who will offer advice and guidance”. aged 56 and 57 female participants

"Not only do I feel included, but the short period of exercise makes me feel better about myself and I'm slowly finding out what else is on in my community." 77 year old previously isolated female

As can be seen, these participants thoughts and feelings regarding their lives and the potential changes for the future are very positive indeed. Their mini case studies can be found in Appendix D
The following Benefits Word Cloud was provided by Strathclyde University.

As can be seen, there were lots of reasons given that prompted people to participate in the various activities on offer.
### 2.5 Attitudes to Disability

Of the 12 different activities on offer through the Drumchapel Sport project, 7 of them had participants taking part who have disabilities, and one of them (Dance) had all their participants with disabilities. Of the 1121 recorded participants, 128 were recorded as having disabilities - this is around 11.5% of all participants.

Other than the Dance activity, which was designed entirely for people with disabilities, 6 activities (Active Adults, Summer Camp, Gymnastics, boxing, cycling and Glasgow Eagles) had disabled participants taking part in totally integrated sessions. Having able bodied and disabled participants taking part in the same sessions facilitates exposure to disability for participants who are not disabled. Just seeing people with disabilities taking part in the same activities as those of able bodied, can create a different attitude to disability.

A survey, (involving nearly 10,000 people), by the Office for National Statistics was carried out in 2014, to mark two years since the Paralympic Games were held in London in 2012. The responses suggested that 70.7% of able bodied who were questioned believe that attitudes towards disabled people improved following the Paralympics in 2012, whilst 56.1% of the disabled people questioned held this view (average 68%). This result was hailed by the Minister of State for Disabled People (Mike Penning) as having led to a transformation in attitudes.

Local activities involving people with disabilities, can build upon this transformation in public attitudes. The presence of the participants from Thomas Fortune in the Drumchapel Sport Club has given exposure to the ability of people with disabilities to take part and to enjoy their lives.

<table>
<thead>
<tr>
<th>Count of Disability</th>
<th>Column Prejudice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lot</td>
</tr>
<tr>
<td>1 - Disability</td>
<td>19</td>
</tr>
<tr>
<td>2 – no disability</td>
<td>9</td>
</tr>
<tr>
<td>NR</td>
<td>2</td>
</tr>
<tr>
<td>(blank)</td>
<td></td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td>28</td>
</tr>
</tbody>
</table>

We asked a specific question in the exit survey, regarding whether they believed that the activities in the project had succeeded in improving the attitudes/prejudice towards disability. The chart above shows that of the 115 matched respondents, 71 felt that attitudes and prejudice has improved either a little or a lot (this is around 62%).
3. ADDITIONAL INFORMATION

3.1 Media coverage

The following is a breakdown of the media coverage generated by the Drumchapel Sport activities.

- 48.6K impressions from social media using @DrumSportsHub
- 5000 marketing brochures circulated locally through schools, community organisations at local events.
- 5 pop up banners produced and put on site at local Drumchapel facilities.
- Gmail account – Daily Record, The Herald and Evening Times covered activities at Drumchapel Sports Centre – see mid year report where copies were provided.

As can be seen from the above, social media was, by a large margin, the major media method by which information was shared and disseminated. Having said that, the chart below, produced using the matched data, clearly illustrates that friend/family/word of mouth/contact with others in the project, was actually more successful in disseminating information to potential participants (46). In addition, a large number (43), received information through the organisation they were in membership of (Fortune Works).

<table>
<thead>
<tr>
<th>Awareness Source</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaflet/poster</td>
<td>5</td>
</tr>
<tr>
<td>Internet/Facebook</td>
<td>14</td>
</tr>
<tr>
<td>Health professional</td>
<td>5</td>
</tr>
<tr>
<td>Friend/Family/word of mouth</td>
<td>26</td>
</tr>
<tr>
<td>Contact with others in the project</td>
<td>20</td>
</tr>
<tr>
<td>Fortune Works</td>
<td>43</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>113</strong></td>
</tr>
</tbody>
</table>
3.2 Challenges and Learning

As well as the smaller lessons learnt in the early stages of development and delivery (e.g. that word of mouth and social media were the most powerful marketing tools locally and that local partnerships would be key to the inclusion of inactive adults), there were a number of bigger challenges that presented learning opportunities. These are fully documented in the “Change Records” attached as Appendices 4.3. In brief these are as follows:-

- **Bike Station.** The challenge arose with regard to making "local" connections, and the perception of that to the local community. Initially the name of the organisation and the overly complicated information given out failed to connect with the local community. The name of the organisation was changed to Drumchapel Bike Hub, a focus was put on making local links, and (crucially) a local leader was found to take the project forward, with a successful outcome. The use of social media with images of local people helped to entice more of the target audience into the activities. A focus of the social benefits of taking part helped to maintain attendance, having a cup of tea and a chat at the end of the ride helps to foster a sense of belonging.

- **Drumchapel Hub.** Initially the plans included too many young people, who were already active, with plans to keep them active. It quickly became apparent that what was on offer was not attractive to currently inactive adults. The project provided an opportunity to widen the appeal of activities of offer and focus on known inactive groups. Through Hub meetings ideas and conversation, it was decided to change the focus from children to adults, targeting inactive adults in particular, using local connections (e.g. Community Links Nurse). This strategy proved to be successful, and soon there were participants who had been inactive for a long time, as well as recovering addicts and other target groups.

- **PEEK.** The plan had been to train around 10 local, young people to become Play Leaders. The challenge came when 47 young people registered their interest, and at the same time school exam time came round making it difficult to engage with these young people (all of whom were from the Drumchapel High School). It was decided to give a more holistic support approach to fewer young volunteers and, subsequently, 12 young people became fully trained and qualified Play Leaders.

- **All - Evaluation.** All of the groups found it challenging to succeed in getting participants to fill in both entry and exit forms that had been provided to us. Partly this was due to the fact that some of the activities had started a few weeks before the forms were available, and partly due to the fact that the forms were not suitable for youngsters. After much discussion at Hub meetings, it was decided to gather less, but better quality information, in sufficient numbers to be statistically meaningful. As already reported, of the 1121 recorded participants, 360 completed entry forms, and 290 completed exit forms (representing around a third doing entry forms and just over one quarter completing exit forms). Of these 125 have been matched up and used as the basis of much of the statistical reporting in this report.
3.3 Sustainability

Drumchapel Sports is a voluntary led organisation made up of 10 local sports clubs, developing programmes and sessions for local people to access. During the lifetime of this project, the clubs have met on a regular basis, sharing ideas and information and there is a real commitment to continue that. Also the development of leaders and coaches, as described earlier in this report, through the Legacy 2014 Physical Activity Fund will support ongoing activity in the community, as well as create more role models, which in turn will encourage more people to undertake volunteering and/or training as coaches. The links to local groups and organisation to raise awareness of opportunities and provide local funding for targeted programmes will also continue as the benefits have been seen in both directions.

3.4 Future for Drumchapel Sports

From the outset, Drumchapel Sports wanted to use the Legacy 2014 Physical Activity Fund to enhance the range of activities available for local people to get involved in. The hub clubs will continue to offer the range of sports while use the learning for the project to develop activities to get more, previously not engaged, people actively involved.

The establishment of Drumchapel Cycle Hub with the bike loan library means the hub will focus on developing the offer of cycling activities in Drumchapel, the focus will remain of a friendly, sociable environment for local people to meet and cycle together. The partnership established with The Bike Station means that the hub has support for training and maintenance of bikes. PEEK have sourced additional funding to continue to provide support for the active play sessions in Drumchapel with the aim that they will eventually be led by trained volunteers.

The legacy of training and new volunteers will support the activities in Drumchapel for many years but the biggest impact has been the partnerships formed and the opportunities for joint working to help people continue to Get Active in Drumchapel. As Drumchapel Sports chairperson, Terry McLernon MBE, stated “This is not the end for Drumchapel but only the beginning”.

Glasgow Life

Sport for Everyone
4. APPENDICES

4.1 Statistics provided by Strathclyde University
4.2 Case studies
4.3 Change Records

And provided as separate documents:-
4.4 PEEK Report
4.5 Glasgow Bike Station reports
4.6 4-page Information leaflet on these findings
Appendix 4.1 STATISTICS PROVIDED BY STRATHCLYDE UNIVERSITY
Drumchapel Adults Data Description
Respondents

<table>
<thead>
<tr>
<th>Entry</th>
<th>Exit</th>
<th>Matched</th>
</tr>
</thead>
<tbody>
<tr>
<td>174</td>
<td>128</td>
<td>125</td>
</tr>
</tbody>
</table>

DC069 applied to two records in entry data
DC059 applied to two records in exit data
Entry and exit data deleted for both these participant codes
NB in general below, I have not recorded non-response rates where these are <5
The description below relates to the MATCHED DATA SET ONLY

Age
This data is presented to us as ‘adult’ data, yet 10 claim ages between 8-15 (8 records within the matched data set).
These have been deleted from the ADULT matched Data set.
Not sure if these respondents have just filled in the wrong form/wrongly claimed age.

Age profile of respondents with matching data is therefore:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-24</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>25-34</td>
<td>18</td>
<td>16</td>
</tr>
<tr>
<td>35-44</td>
<td>17</td>
<td>15</td>
</tr>
<tr>
<td>45-59</td>
<td>29</td>
<td>25</td>
</tr>
<tr>
<td>60+</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Non response</td>
<td>31</td>
<td>27</td>
</tr>
<tr>
<td>TOTAL</td>
<td>114</td>
<td>100</td>
</tr>
<tr>
<td>Activity</td>
<td>Count</td>
<td>%</td>
</tr>
<tr>
<td>--------------</td>
<td>-------</td>
<td>----</td>
</tr>
<tr>
<td>Boxing</td>
<td>11</td>
<td>9%</td>
</tr>
<tr>
<td>Cycling</td>
<td>57</td>
<td>49%</td>
</tr>
<tr>
<td>Dance</td>
<td>43</td>
<td>37%</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>6</td>
<td>5%</td>
</tr>
<tr>
<td>Grand Total</td>
<td>117</td>
<td>100%</td>
</tr>
</tbody>
</table>

NB: those stating ‘various’ have participant code TT and have been re-coded as table tennis

<table>
<thead>
<tr>
<th>Awareness Source</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaflet/poster</td>
<td>5</td>
</tr>
<tr>
<td>Internet/Facebook</td>
<td>14</td>
</tr>
<tr>
<td>Health professional</td>
<td>5</td>
</tr>
<tr>
<td>Friend/Family/word of mouth</td>
<td>26</td>
</tr>
<tr>
<td>Contact with others in the project</td>
<td>20</td>
</tr>
<tr>
<td>Fortune Works</td>
<td>43</td>
</tr>
<tr>
<td>Grand Total</td>
<td>113</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Sought</th>
<th>Gained</th>
<th>% sought</th>
<th>% gained</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness benefits</td>
<td>81</td>
<td>93</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>Weight benefits</td>
<td>51</td>
<td>61</td>
<td>14%</td>
<td>12%</td>
</tr>
<tr>
<td>Social benefits</td>
<td>43</td>
<td>88</td>
<td>12%</td>
<td>18%</td>
</tr>
<tr>
<td>Flexibility benefits</td>
<td>40</td>
<td>45</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Activity level benefits</td>
<td>32</td>
<td>60</td>
<td>9%</td>
<td>12%</td>
</tr>
<tr>
<td>Fun benefits</td>
<td>73</td>
<td>104</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>Risk Benefits</td>
<td>31</td>
<td>38</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Other Benefits</td>
<td>3</td>
<td>0</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Grand Total</td>
<td>354</td>
<td>489</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Main mode of physical activity:
5 respondents identifying multiple choices recoded to single, max. value noted, i.e. 1,2,3 is recoded as 3

<table>
<thead>
<tr>
<th>Activity Mode</th>
<th>Main Initial Activity Mode</th>
<th>Main Post Intervention Activity Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incidental activity</td>
<td>25</td>
<td>9</td>
</tr>
<tr>
<td>Regular Activity for fitness/exercise</td>
<td>30</td>
<td>52</td>
</tr>
<tr>
<td>Recreational activities</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Organised sport</td>
<td>34</td>
<td>37</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>NR</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

There is no data in the column relating to vigorous/not vigorous

<table>
<thead>
<tr>
<th>Gender</th>
<th>Count</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>44</td>
<td>38</td>
</tr>
<tr>
<td>Female</td>
<td>73</td>
<td>62</td>
</tr>
<tr>
<td>Total</td>
<td>117</td>
<td>100</td>
</tr>
</tbody>
</table>

? is it mostly men we lose from the analysis – I think the gender spread is more even in the full data set? May be worth looking at attendance records?
## Life Satisfaction

(note 10 = completely satisfied)

<table>
<thead>
<tr>
<th>Scale</th>
<th>Before</th>
<th>%</th>
<th>After</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>4</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>16</td>
<td>14</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>23</td>
<td>21</td>
<td>21</td>
<td>19</td>
</tr>
<tr>
<td>8</td>
<td>12</td>
<td>11</td>
<td>20</td>
<td>18</td>
</tr>
<tr>
<td>9</td>
<td>9</td>
<td>8</td>
<td>12</td>
<td>11</td>
</tr>
<tr>
<td>10</td>
<td>29</td>
<td>26</td>
<td>37</td>
<td>33</td>
</tr>
</tbody>
</table>

Numbers

<table>
<thead>
<tr>
<th></th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less satisfied</td>
<td>10.3</td>
</tr>
<tr>
<td>As satisfied</td>
<td>47.0</td>
</tr>
<tr>
<td>More satisfied</td>
<td>42.7</td>
</tr>
</tbody>
</table>

## Happiness

(Note 10 = completely happy)

<table>
<thead>
<tr>
<th>Scale</th>
<th>Before</th>
<th>%</th>
<th>After</th>
<th>%</th>
</tr>
</thead>
</table>
### Numbers

| Less happy | 13 | 11.1 |
| As happy   | 43 | 36.8 |
| Happier    | 61 | 52.1 |

### Anxious

(Note 0 = not at all anxious)

<table>
<thead>
<tr>
<th>Scale</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>42</td>
<td>44</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
<td>18</td>
</tr>
<tr>
<td>2</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>12</td>
</tr>
</tbody>
</table>
Disability and attitudes

(Note the assumption here is that a response of 1 = disability and 2 = no disability)

<table>
<thead>
<tr>
<th>Count of Disability</th>
<th>Column Prejudice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Row Labels</td>
<td>Lot</td>
</tr>
<tr>
<td>1 - Disability</td>
<td>19</td>
</tr>
<tr>
<td>2 – no disability</td>
<td>9</td>
</tr>
<tr>
<td>NR (blank)</td>
<td>2</td>
</tr>
<tr>
<td>Grand Total</td>
<td>28</td>
</tr>
</tbody>
</table>
Appendix 4.2 CASE STUDIES

We have included 2 full case studies and 10 mini case studies which, between them, give a great deal of breadth and texture regarding some of the more amazing life transformations that have been witnessed during the lifetime of this project. Although this may seem rather a lot of case studies, we felt that each was so powerful in its own right, each telling very different stories, that we did not want to exclude any of them. These case studies represent participants from school children to Senior Citizens, and even includes (see number 12) one participant who, after some training, became the new local organiser of the activity in question.

Please note that all participants names have either been changed, or are referred to by initial only in the studies below. Please note also that there is a large difference in styles - from Case Studies written by the Evaluator, others written by various project administrators and/or deliverers, and some even written by participants themselves. Just the fact that some of these participants felt able to tell their story, in their own words, speaks volumes about the positive impact the project has had on them.

Case Study 1  "The difference our project is making"

Where a blether and a cuppa can lead to.......  

Brenda, an inactive, female participant, aged 50, had struggled with alcoholism from age 16, only sobering up after the birth of her Granddaughter 12 years ago. Very unfortunately, neither her daughter in law nor her son are still alive, having both lead very troubled lives. When her son died, she became sole carer of her then 9 year old grand-daughter. Despite support and bereavement processing she suffered from mental health problems and found it very difficult to cope and was reluctant to engage with life outside her home.

What we did:  Following GP referral and encouraged by Janet, a Community Links Practitioner, to initially just go to the Sport Centre for a "blether and a cup of tea", Janet called for her, at her home and escorted her to the Centre. For a few weeks Brenda just watched, chatted and drank tea, but in the last 3 months she has been attending on her own and has actually been regularly taking part in the Indoor Tennis and has now even signed up for a walking group.

The difference we made:  It is clear after several months, that coming to the centre has made a huge difference to Brenda's life. Not only is she attending regularly on her own, not only has she signed up for another activity, but sometimes her Granddaughter comes with her - which is an unexpected outcome. Brenda willingly tells those involved what a huge difference it has made to her life.

We firmly believe we have made a non-active person active. We firmly believe that she will continue to attend. And we are confident that Brenda and her Granddaughter have both seen a significant difference in their life styles, their wellbeing and, importantly, their hopes for the future.
What we learnt: We learnt that it is sometimes a slow process and moving from a GP recommending that someone could benefit from some exercise, to showing them what was on offer is only the first step. Important factors in this success were:-

a) making the initial visits very relaxed and non-threatening (“just a cuppa and a blether”)

b) having someone actually call for the person and come with them

c) allowing them to decide for themselves if/when they are ready to “have a go”.

The role of the Community Link Practitioner, Janet, cannot be overstated. She understood the GP recommendation and that this “non-threatening” environment just might work for Brenda. She was made to feel welcome, no pressure would be put on her, but she would be encouraged once she started to take part.

The poem below was written by Brenda’s Granddaughter. It speaks for itself.

**Life without mummy and daddy**

About 2 years ago,                           My Nana cried and cried,
My world, it fell apart,                      This made me cry lots too,
My daddy took his life,                      We wanted him in our arms,
Along with Nana’s heart.                    After all that he’d been through.

His last 6 months were hell,                   Now I have no parents,
He’d lost his wife, My Mother,                 But I’ve still got Nana here,
Although they weren’t good together           To help me when I waiver,
They still loved one and other.               And catch my fallen tear.

But Nana needs my help,                       We help each other daily,
Her needs are greater than mine,               But Nana feels the pain,
I’ll cheer her when’s she’s sad,               She sits about, does nothing,
Until she’s feeling fine.                     Her health’s suffering again

So her doctor gave her someone,               My Nana’s smiles grew bigger,
Who would help to pull her through,           Playing tennis, and going for walks,
She LINKED her in and listened,               Her links Practitioner was about,
She knew just what to do.                     To listen more and to talk.

But my brave face, it cracked,                My Nana tried to help,
As I watched my Nana grow stronger,           On all her strength she drew,
My losses, my fears, my thoughts,             I knew i needed someone, so asked
I could hold onto no longer.                "Can I have a links Practitioner too?"

This person came to see me,                   Because of her I see this person,
Although I knew from before,                  I talk about Mum and Dad,
She gave me plenty of her time,               I talk about my Nana,
Which opened up new doors.                    And you know? Life is not that bad.
My Nana still goes for walks,
Plays tennis and joined the gym,
Me? I have my dancing,
My youth clubs, I've learned to swim.

My Nana back on track,
She's really done me proud,
We see the sunshine together,
instead of stormy clouds

The people all around me,
Help me reach for the stars,
I feel their love and from heaven,
It helps to heal my scars.

So I will keep on dancing,
Annoying Nana, singing loud,
My Mum and Dad can watch me now,
I hope I do them proud!

Grand-daughter, aged 11
Case Study 2  "The difference our project is making"

The family that plays together......

This case study is about a family of 13 who reside in Drumchapel. 8 of the children are registered and regularly attend PEEK Street Play sessions. Our first encounter with the family was on the first week of Drumchapel Street Play where PEEK Staff spoke with T in Southdeen Park. Connor and I (PEEK Play Rangers) introduced PEEK and straight away T was interested in taking part in the session and engaged in a game of football. After some time T told PEEK Staff he would be back in a minute before running off home.

A short time later T returned with his brothers and sisters K, A, D, B, T, S and D who had all brought along friends excited to find out what was going on in the park. The children engaged in a variety of activities which included Basketball, Football, Dancing, Hide and Seek, Chalk drawings and rainbow puddles.

Through conversations with the family it became apparent that they were going through quite a difficult time in their lives. T and K opened up about a recent death in the family which had really upset them and D told us how she was having a hard time at school and got caught “dogging it”.

What we did:  Connor and I knew there was some work to be done and encouraged them to speak about their feelings and asked about their best memories with their uncle who had recently passed. They mentioned that he used to do fun stuff with them which included kite making and that they were going to miss that. So Connor and I had asked them if the following week at the Play Session if they could show us how they used to do it. This got them really excited and they told us a list of materials we needed to bring.

The following session we took along materials to make kites. The children were surprised and commenting “Oh my god... you actually brought it we didn’t know you were serious?!?” The children got stuck in and showed PEEK staff and other children how to make kites. This activity was great and enabled them to remember all the positive memories they had with their uncle and that gave them some comfort knowing that they could continue to do these things to keep his memory alive.

The difference we made:  Through this activity the children knew they had someone to listen to them and that’s when the positive relationships between PEEK Staff and children really began: “Can yous not stay longer?... We don’t want yous to go!”

The family continue to come to the play sessions every week and really enjoy playing outdoors. Which is a welcomed respite from such a chaotic home environment.

Out of 10 sessions delivered between September – November, the average attendance for the family has been 7 out of 10 play sessions with no child attending less than 5 sessions.
Mini Case Studies

3. Female Participant (age 33, has a toddler, 3 and a young baby)

Before joining the Monday evening ladies rides, she wasn't doing any physical activity and does not own a bike. Since joining the group she has attended weekly without fail and has also started taking her eldest child to Play on Pedals sessions. She has also made use of the hire bikes, borrowing a bike for the Monday rides as well as a baby seat so she can cycle with her baby. When asked to assess the improvement in her mental and physical health since taking part in these activities (on a scale of 1-10), she said 10 and commented:

“'It's great to get fresh air and me time. Even in the dark, seeing your surrounding in the dark is actually very beautiful lit up and the spot lights help'.

Cycling has been a great introduction to physical activity and has made her more confident to try other activities – she has recently accessed a local fitness group to further improve her health. Something she said she wouldn’t have tried before joining the Monday ladies night rides.

4. Female Participant (age 37, has two primary school aged children)

This participant previously owned a bike some years ago, before she had ill health. After a period of inactivity due to health reasons, she has since taken part in a number of cycling events and rides via the Drumchapel Cycle Hub. This includes group family rides, ladies rides and now Play on Pedals with her small children. When asked to assess the improvement in her mental and physical health since taking part in these activities (on a scale of 1-10), she said 10 and commented:

“When I came out on my first ride I hadn't been doing much exercise or going out of the house. As such my mental health was deteriorating, would I went along to the cycle very nervous, Anne the leader was amazing and reassured me.

Now 10 weeks on, I've started going out on my own I bought a bike with the help of Anne. I've also being doing other activities in my own time, and it's all down to the cycling building my confidence to then do other things.”

She now attends the ladies sessions weekly, has her own bike and is getting the rest of her family and friends cycling as well! In addition she has joined a walking group and has started working again –she credits the cycling group for giving her the motivation and confidence to make these life changes.

5. Female Participant (age 29, single parent with one young boy)

This participant was not previously accessing any fitness activities. Joining the Monday evening ladies ride was a big step but since joining, she hasn’t missed a session. Using the bike library to access bikes for her and her son, she also attends the family rides. When asked to assess the improvement in her mental and physical health since taking part in these activities (on a scale of 1-10), she said 10 and commented:
“I love getting out on the bikes. It is something I’ve never done before and I’m really enjoy it. I go out with Anne and the ladies on a Monday night, learning new bike routes and road safety. I have never been along the canal bank before or along any of the other routes in the area before joining the Drumchapel bike hub. I now always look forward to a Monday night, especially if I’ve had a stressful day. I feel like when I am a bike with the ladies my minds is clear and when I’ve finished that night am more happier. ….I feel good in myself for doing a bit off keep fit. I’ve really lost lots of weight since I’ve joined. I couldn’t be any happier and I’ve told a lot of people about it. Some of my friends have come along and then they have joined. They feel the same - brilliant and more fitter. I think the best bit is that everyone helps each other – it is a brilliant club”

Since joining the club, she has also taken on a voluntary role, assisting Anne with the admin side of the ladies group such as managing paper work and keeping on top of registers etc.

6. Female Participant (age 47, with a teenage daughter)

This group member has underlying health concerns that have restricted her from taking part in physical activity, despite being previously involved in similar groups in the past.

Looking for gentle and social activities, she was encouraged to attend the Monday ladies group by her daughter and by Anne who she knows locally. She and her daughter both use one of the Bike Library bikes (which they love!) on a weekly basis, occasionally hiring at the weekends as well as on a Monday. When asked to assess the improvement in her mental and physical health since taking part in these activities (on a scale of 1-10), she said 8 and commented:

“I feel energised and although I had not been cycling in a very long time it was good to get back into it within the group setting and I’m going to come along whenever I can make it. I am very impressed with the hub as it is – thanks for your support”

7. L.M. Schoolboy

When L.M first attended Drumchapel StreetPlay, he approached the car and started speaking to us. He had arrived at the park earlier than we expected as the other children were still in school. L.M explained to us that he gets to leave school early and doesn’t stay in school the full day and he stated this is because “he’s no right in the heed”. He explained this further and described being unable to regulate his emotions particularly anger. L.M in his initial period of attending Drumchapel StreetPlay required/demanded one to one attention and had difficulty communicating/working with his peers and always appeared eager to prove his capabilities and sought reassurance from staff regarding this. L.M is particularly interested in football and I often found myself in a one to one game with him as he did not want his peers to participate with him although with encouragement he would allow others to join the game although this was often full of arguments and negative language.

One week we decided to make kites at StreetPlay with sticks, parachute fabric and string, this activity was very demanding as many required support with elements of this activity. L.M chose not to make a kite this day but instead continued to play football and wanted a staff
member to play at that moment we found it challenging to facilitate this. L.M then began to assist others with the making of their kites which we encouraged and supported. L.M was excellent at this and it enabled him to communicate with and support his peers all the while we were observing an increase in his confidence.

During another StreetPlay session L.M informed me he had to leave school early that day as he was fighting with another boy upon exploration it appeared this boy had been annoying/teasing him continuously and although L.M made a conscious effort to avoid this boy they ended up physically fighting and L.M appeared proud that he got the better of this boy. L.M proceeded to demonstrate and explain how he ‘beat up’ the boy asking me to pretend I was the boy as if he was ‘showing off’ his skill. I encouraged L.M to reflect on this experience and how he was feeling and asked him to think how that other boy was feeling throughout all this. L.M managed to reflect on elements of this although then proceeded to explain how he was previously excluded from his school in primary 1 as he states he took a metal pole into school and smacked a boy with it which resulted in him being excluded from that school. L.M appears to have difficulty expressing his emotions particularly with the expression/management of anger which appears to link deeply with his identity/self-worth and he appears to believe he has no control over his anger/behaviour.

Since then I have witnessed great personal growth in L.M, I have observed him communicating with his peers and supporting others. L.M continues to enjoy football and now invites his peers to join and works alongside them, communicating with them, organising teams and enjoys the game whether he wins or loses.

More than anything I have seen L.M become a happier child I have noticed him smile and laugh more and he appears to be having more fun which can be observed through his relaxed body language and his new found approach to play.

8. J.H.

J.H is a 16 year old female and is a pupil at Drumchapel High School. J.H comes from a very chaotic household and lives at home with her mum and has limited visitation with her dad. J.H has always wanted to volunteer with PEEK but couldn’t travel to the East end of the city where PEEK predominantly operates our play programme. J.H was one of the first pupils to sign-up to become a PEEK volunteer and she actively encouraged others to do so too. Due to ongoing issues in her home life, J.H would have to cancel her volunteer commitment last minute. Over the last few months we have seen J.H grow in confidence and she has taken a lead role in delivering play activities when she is able to volunteer. Through her training and involvement with the Drumchapel Get Active programme, J.H has been selected as the Youth Sports Trust School Sports Ambassador for 2016/17.

“The experience I’ve had with PEEK has been amazing. I’ve took part in things I probably never would have done like helping at events. Throughout my time I’ve met so many amazing young children who I’ve been able to share my love for play with and help provide a safe environment for them to play and enjoy their childhood. PEEK has been such an amazing opportunity.” – J.H
9. **Liam Age 28 - in his own words**

"At the age of 28 I knew things needed to change if my life was to get better. I had withdrawn from society over 10 years ago following a panic attack I took with studying at University. Over the years my anxiety grew to the point it was so overwhelming I couldn’t go out, socialise or do activities I previously liked to do. After seeing my GP who informed me on many occasions “there are limitations to medication” so wanted me to meet with one of her colleagues.

The Community Links Practitioner introduced me to activities in my community, however these made me feel overwhelmed and were “too much” for me. However, one of the suggestions were more appealing than the others and with her support, I joined a small group who met at my local sport centre.

While there I began to take part in short sessions playing tennis, table tennis and badminton, gradually being integrated at my pace to the group and eventually feeling fully adopted by the other attendees.

Although my heightened periods of anxiety are very much a daily experience and a live issue, I used the coping skills I learned through playing sports with my group to allow the Community Links Practitioner to link me into further engagement to facilitate my personal development and to bettering my life.

I do believe these activities in such an environment has been the catalyst to my better life because today I called My Community Links Practitioner to tell her…… I got the job!!!"

9. **Janey age 42 - in her own words**

"For as long as I can remember I have led a life of isolation, this was made worse by the breakdown of family relationships and me being excluded from what should have been my nurturing circle. The outcome of this has left me with poor mental health and lacking in any self-worth.

Because of poor mental health I was unable to look after myself properly and found other areas of my health suffer, thus no longer able to work. I was introduced to my Practice Promising Links Group who meet weekly at a local sport centre. The group was made up of people like me and supported by a few professionals who showed me the benefits of taking part in gentle physical activities, including a benefit to my mental health. I played short periods of badminton, which I soon recognised I liked from my childhood. I can’t always play but I get a real benefit from being part of the group; this way I receive continual encouragement and feel included."

10 **Susan and Jill aged 56 and 57 - they wrote this together**

"Every day was the same for both of us. Every day we would stare at the same four walls in our own houses. We both have addiction issues, similar but different and we both experience similar issues and the daily feelings of depression. Our GPs encouraged us to join the group and allowed us plenty of time to adapt to the idea and prepare to attend."
Some months on now, we still experience and live in a depressive state, but on Tuesday mornings we seem to come to life as we have a focus and know we are part of a group supported by people would offer advice and guidance.

We meet like-minded people and play table tennis before having a chat and a laugh over a cup of tea. This is our chance to feel wanted, build friendships and share our experiences before leaving to return home. When we get home, the feelings for isolation, loneliness and depression return, but we are fortunate as there is always next Tuesday; another chance to play table tennis, another chance to feel included.”

11. Catherine Age 77 - in her own words

"I met a local worker at an event I happened upon while out for a short walk. As she listened I told her of recent changes in my life and why I found myself at a loose end, not being able to fill my day and feeling totally isolated from the community I’d lived in for 40 years.

I had been my husband’s carer for many years but for the last 15 years he required a lot of care. Following his death six months ago, I began to feel really lonely. Through caring for my husband I had lost all my friends and at the age of 77 I had the feeling it would be hard to meet people and to meet new friends.

The worker told me about a small local group who meet weekly in a building near to me and what the group do. I went along and it has changed my life. Not only do I feel included, but the short period of exercise makes me feel better about myself and I’m slowly finding out what else is on in my community.”

12. Volunteer turned local cycle champion, mentor and volunteer coordinator, Anne Glass has summarised her experience

“ I have absolutely loved being involved with promoting and running cycling activity in Drumchapel. The positive feedback and encouragement from participants has given me confidence as a coach and an instructor. I absolutely love getting out with all the groups and enjoy encouraging and supporting people to get on the bikes, of all ages, from the toddlers at Play on Pedals, to the young people in the youth group, the ladies on Monday nights to the older people.

My activities have really been led by what people want to do. I didn't initially intend to do cycling skills as part of the ladies night but we now do a skills session before every ride as some people aren't very confident so they enjoy learning more about using a bike, checking the bike, using gears and learning cycling skills. On holidays, we have organised and gone longer rides. Again, this has been through suggestions from the participants.

We have been very lucky with the weather and the first few weeks at our Ladies night was dry and bright however I was worried on the first night that it was raining that no-one would come. I was extremely encouraged to find a number of ladies kitted out for bad weather waiting for me at our cycle group – although we had to find better clothing as some were clearly not used to going out in bad weather. I have had to keep jackets and gloves with the helmets for spare.”
NB: The bikes, rides and training are now delivered under the umbrella of the Drumchapel Cycle Hub – a creation of Anne and her volunteer team. Also the Bike library with 20 bikes, is housed on-site at Drumchapel Sport Hub.
Appendix 4.3 CHANGE RECORDS

<table>
<thead>
<tr>
<th>Change Record</th>
<th>Project Name:</th>
<th>Get Active in Drumchapel</th>
</tr>
</thead>
</table>

1. What did you originally plan to do?
Drumchapel Sports planned to extend the provision of sports activity tasters and 5 week blocks across 6 schools which directly link to the local sports clubs to assist the inactive to get active by providing an easy pathway into low cost (or free), locally delivered activity. It was also planned that the programme would also assist in enabling the active to stay active by exposing young people to a variety of sporting opportunities increasing the chance of uptake in more than one activity.

2. What didn’t work about the original plan? Why?
It was felt that the original plan was helping those who were already active get involved in more activity but wasn’t targeting inactive people as efficiently as possible.

3. What did you decide to try instead?
Through hub meetings, ideas and experiences were shared. The clubs were tasked with identifying activities that would targeted and support inactive people from across the whole community.

A number of clubs changed the focus of the activities from school aged children to adults in the community.

4. What difference do you hope this change will make? / has this change made? How will / do you know?
The clubs have now set up sessions which target inactive groups such as recovering addicts, female only, teens girls, people with a disability and people needing mental health support.

The project has developed links with local partners, helping the clubs to make an impact with a wider range of people in the community.

Due to the sustainable model of the project, the local people have support for long term participation.

---

<table>
<thead>
<tr>
<th>Change Record</th>
<th>Project Name:</th>
<th>Get Active in Drumchapel</th>
</tr>
</thead>
</table>

1. What did you originally plan to do?
The project aimed to carry out evaluation of activities in line with the Strathclyde University plan for all 11 projects. Entry and exit surveys would be completed by every participant involved in the project, each participant would be given a unique number to ensure they remained anonymous.

Due to the complexity of the project, with 10 different organisations delivering activities, each organisation was given a two letter prefix to help them mange the process.

2. What didn’t work about the original plan? Why?
The funding for the project was confirmed in Oct 2015 if projects given the go ahead when funding was confirmed. This meant that a number of the activities started before the entry surveys were in place (Feb 2016), making it difficult to get a true reflection of a participants activity levels at the start of the project.

The project was also informed in March 2016 that the surveys were not appropriate for gathering information from participants under 11 years old, this is a group which made up a majority of the target audience for the Get Active in Drumchapel project.

Some of the adult involved in the project such as the disabled groups found it very challenging to complete the surveys.

3. What did you decide to try instead?
The project focused on gathering as much quality information from those who could complete the information in order to provide information on a large enough proportion of participants to make it meaningful. This often meant one to one support for the disabled participants and specific time before and after sessions to gather the information.

The project also aimed to collect qualitative information to help support the evidence, particularly for younger participants.

4. What difference do you hope this change will make? / has this change made? How will / do you know?
We hope that the focus on support for completion of the entry and exit surveys will allow more quality information to be provided to Strathclyde University, helping the project demonstrate the impact it has made.
### Change Record

**Project Name:** Get Active in Drunchapel

#### Which aspect of your project is this change related to?
- reaching people / referral systems
- working with volunteers
- keeping participants engaged
- evaluation

#### Change Record

**Project Name:** Get Active in Drunchapel: PEEK

#### Which aspect of your project is this change related to?
- reaching people / referral systems
- working with volunteers
- keeping participants engaged
- evaluation

#### 1. What did you originally plan to do?

Induct, train and support 10 local young people to become volunteers at active play sessions with PEEK. The volunteers would work alongside experienced staff and be a sustainable future for active play in the community.

#### 2. What didn’t work about the original plan? Why?

Initially the expression of interest to become a play volunteer was inundated. There was 47 expressions of interest in total, more than the programme had capacity to train.

To give young people a fair and equal opportunity we took them through a thorough volunteer recruitment process. However, in the middle of this process, young people were beginning to feel the pressure of exams and couldn’t commit as much time as required.

#### 3. What did you decide to try instead?

Offer a more holistic support to the smaller dedicated groups of volunteers. We arranged training when their exams had finished during the summer period.

#### 4. What difference do you hope this change will make? / has this change made? How will / do you know?

12 young people have now completed their training and are actively volunteering with PEEK, learning skills which will allow them to lead on active play sessions in Drunchapel.
Appendix 4.4 REPORT PROVIDED BY PEEK
Please see separate document for this Appendix

Appendix 4.5 REPORT PROVIDED BY GLASGOW BIKE STATION
Please see separate document for this Appendix

Appendix 4.6 4-Page Information leaflet on these findings
Please see separate document for this Appendix