Sport Participation – Trends

Attendances at public leisure facilities – increase of 18% between 2009/10 and 2015/16

Active School “unique participants” - increase of 7% since the Games - in comparison to the national average of 2.4%

Teenage girls participating in activity – increase of S1 girls attendances at activity sessions from 12,000 to 21,000 since the Games

Older people participating in activity – in locations where effective partnerships have been developed with the local Health and Social Care partners, there have been significant increases in the number and range of older people taking part in activity sessions.

Volunteering in sport - 1500 volunteers deliver active schools opportunities, of which 500 are secondary aged pupils.

Development of Community Sport Hubs – working with sportscotland, 6 of target 12 developed, supporting 87 Clubs, 8898 club members and 694 deliverers

Commonwealth Games Legacy - What works in Highland

The High Life scheme is a low cost, all-inclusive access scheme aimed at mid to low earning families – before and since the Games, the simple nature of the scheme has provided the opportunity to pursue an interest at low cost and across all 18 HLH sites, 3 independently operated sites and one private facility.

Active Schools - Distinct participation (individual children) in Active Schools supported activity has grown by almost 2000 since the Games. There has been a national rise of 2.4% [42% of school roll] since the Games. The Highland increase has been 7% [52% of school roll].

1000 more girls involved now than at the Games, starting to close the gender gap. In term 1 of 2015 more S1 girls than S1 boys were active participants in Active School activity.

More than 500 of the current 1500 Active Schools volunteers are secondary pupils supported and developed within the HLH Leadership Programme. The next largest group are parents with 350 volunteering, 200 teachers with the remainder being club coaches, students and other community volunteers. The proportion of parents volunteering is a good indication of community connection.
Although football is still the most played sport in Highland, dance and gymnastics have seen shinty move to fourth ranking.

Targeted activity, teenage girls – addressing the acknowledged drop off in activity levels in teenage girls has led to the Movers and Shakers programme, a peer led dance activity funded by Spirit of 2012. There are now 1071 children and young people taking part in these sessions led by 198 qualified dance leaders.

Working in partnership with the NHS and The Highland Council on targeted programmes – through involvement in Community Planning structures and targeted discussions, there is a growing understanding between partners that HLH can assist in the delivery of wider aims and targets. For example, the benefits of physical activity for older adults are well reported: reduced risk of falls, heart disease, some cancers, depression and dementia and crucially many clients say that taking part has increased their social connectedness, therefore helping to reduce loneliness (which is now recognised as a significant contributor to ill health, particularly for older people). In the last few years there has been a marked increase in participation and membership in older people. This is thought to be for a number of reasons: offering a broader range of activities, suitable for all ages and abilities; offering classes in wider community facilities such as village halls and non-leisure centre settings e.g. libraries; and taking an increased partnership approach to service delivery with the local health board.

Young people’s volunteering – the HLH volunteering “Leadership Programme” has opened the door to many young people who wish to develop skills in sport or physical activity Leadership. Young volunteers from Primary 6 through to S6 and beyond are supported via the programme to develop their confidence in leading and coaching and are encouraged and supported to gain qualifications. The confidence and volunteer hours gained assist with work on their achievement awards, are attractive to employers and universities and ultimately, see an increased range of young people volunteering in local clubs.

https://www.highlifehighland.com/sport/leadership-programme/

Experimenting with a wider range of activities – Participative sport is attractive and fun. However, it can also be seen as too ‘serious’, especially in teenage years. The Games provided the stimulus for Active Schools staff to experiment with a broader range of activity. Through the use of fun activities such as dance, dodgeball and other attractive activity more children and young people are active. The key element has been to find out what the ‘non sporty’ young people think would be fun and facilitate that happening with their peers.

Promoting activity in non-leisure centre settings community facilities such as libraries, village halls and day care settings – Experimenting with alternative practice has brought wider participation by non-traditional groups or those not able to travel to population centres. For example dance sessions led by VC link by a young dance
leader between the islands of Rum and Canna, Otago sessions for older people in a range of care settings and close working with youth workers to include looked after children.

Community Sports Hubs – working with sportscotland on a target of 12 Community Sports Hubs, Highland has currently developed 6, in the communities of Tain, Thurso, Dingwall, Ullapool, Aviemore and south Inverness and is on track to have 12 hubs developed by 2019. [www.highlifehighland.com/sport/community-sport-hubs](http://www.highlifehighland.com/sport/community-sport-hubs). Over the last year 135 coaches and volunteers were further developed through the projects.

As an example, Aviemore Community Sport Hub has grown from 7 clubs in 2012/13 to 24 clubs in 2015/16, with over 1700 members and 160 coaches. Between them the clubs involved offer 17 different sports and activities, from cycling to snowboarding, bowling to biathlon. Three clubs that have been a fundamental part of the project from 2012 have seen significant growth in their membership and arising out of a club multi-sports day promotion, a new group has been established - Cairngorm Sports 4 All (Disability Multisport Group).

Barriers To Sport

Access to school facilities is improving [in Highland, HLH operates 18 of the 26 community facilities associated with secondary schools] however, issues around janitorial overtime and the trend for school lunch breaks to reduce to 45 minutes brings challenges in some areas.

Geography – in the Highland context rurality and spread of quality of facilities remain issues in some areas, together with the supply and timing of transport.