

## COMMUNITY SPORT HUBS IN ACTION

# Drumchapel Community Sport Hub



## SPOTLIGHT ON: PEOPLE - INACTIVE TO ACTIVE

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **11**

### HUB VISION



Drumchapel Sports vision is for a confident, healthy and aspiring community in Drumchapel

### PRIORITY AREAS



Organised

Sustainable

**People**

Places

Connected

Profile

#### What has changed:

- More inclusive community engagement
- More young leaders
- Stronger partnerships

### AIMS OF PROJECTS



The hub applied for funding through the Spirit of 2012 project which was funded by Scottish Government's Legacy 2014 Physical Activity Fund. Drumchapel Sports aimed to engage with people in Drumchapel, who have not previously been involved in activity within the hub, particularly adults in the community.

### PROJECT DETAILS



**Information:** 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. Links were made to local groups and organisations who helped to identify local inactive people. It was important to create a welcoming and sociable environment to encourage activity – particularly with the inactive adults and ladies cycle group. A cup of tea and a chat goes a long way! The hub recruited local people to deliver activities to the community.



**Time:** October 2015 until November 2016, although activities continued until December 2016. Most of the activities have been incorporated into regular hub sessions through the local clubs.



**Expertise:** 8 hub clubs involved, 70 volunteers trained to support the activities. The Glasgow Bike Station and Possibilities for Each and Every Kid (PEEK) were project partners with links made to COPE, Fortune Works, G15 Youth Group, SAMH, Alliance Scotland and the local primary and secondary schools. The project was supported by the Glasgow Sport CSH officer. A member from the local community was recruited to lead the bike activities.



**Investment:** Funding to the hub from Scottish Government's Legacy 2014 Physical Activity Fund.



**Participation:** 1121 local people were involved in the Get Active in Drumchapel Project. There were around 44% male and 56% female participants, with around 11.5% of all participants having a disability.

## OUTCOMES



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

## STORIES OF CHANGE



*“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.”*

37 YEAR OLD FEMALE PARTICIPANT (WITH TWO PRIMARY SCHOOL AGED CHILDREN)

*“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

## KEY LEARNING



*“Engaging with the community will help with what direction the project takes. Always remember what you are looking to achieve but be willing to engage in new opportunities because that is where you really meet the needs of the local community and make the biggest impact.”*

GRANT MORRISON, HUB OFFICER

## NEXT STEPS



The hub has continued to target those not previously engaged in sport and physical activity through the hub plan. Clubs can apply for funding to develop activities for target groups in the local area.

The hub continues to develop links with local groups and organisations to involve a wide range of people in hub activities.

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