



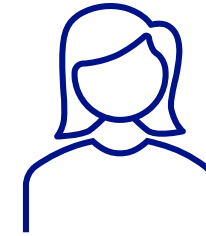
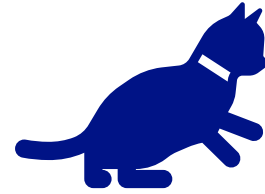
Sport in West Lothian: The Road to Recovery

Session 1 Understanding need, recognising change and creating impact

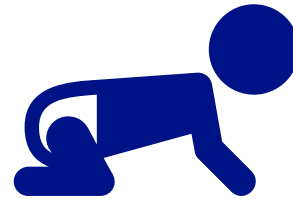


Zoom

1. Speaker view



2. Chat



3. Reactions



4. Mute / unmute



5. Move!

6. Look around

Changing Lives Through Sport & Physical Activity partners:

Timings

18.35 Intro

18.40 Question 1

19.00 Plenary

19.10 Question 2

19.25 Plenary

19.35 Question 3

19.50 Plenary

19.55 Summary

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Question 1 Change

What changes are you seeing among individuals and in communities?



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Changes - people

- Sense of nervousness
- Teenagers turning night into day
- Fear factor amongst younger age groups
- Need for security and safety
- Connection / isolation issues
- Mental health challenges
- Switching exercise choices e.g. more outdoors/online
- Personalised tech increase e.g. swift
- **More physical activity, less sport?**
- **Spending more Quality Time with family members**

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Changes - communities

- **Communities becoming stronger**
- Inactive becoming active
- Families exercising together
- Isolation issues
- Mental health and domestic violence issues
- Increased income inequality
- **More giving but less volunteering?**

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Question 2 Impact

What impact for individuals should we aim for in the first 3-6 months of sport returning?



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Impact

- Supporting return to fitness and being more aware of body image issues
- Resilience, re-establishing connections and re-instilling confidence
- Safety issues and setting realistic expectations
- Socialisation skills
- Reduced anxiety
- Taking part free from pressures of competition
- Increased fitness levels and decreased obesity
- Connect families together
- Re-establish a sense of belonging - not just about the sport

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Evaluate

Is what we currently do likely to achieve these impacts?

Score each outcome out of 5.

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Template

Impact	Current	Desired	Notes
(e.g. socialisation skills)	2	4	'Check in' for participants at the start of each session established

Question 3 Need

How do the needs and wants of *returning* participants differ from *new* participants?



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How do the needs and wants of returning participants differ from those of new participants?

Returning

- Keep training interesting
- Support for coaches and volunteers
- Maintaining some form of competition
- Support for those with 'personal demons'
- A safe return (previously assumed but not now)
- Membership of a tribe
- Will play any where, any time, any weather
- Competition (what happens if it's not possible)
- Connection to other enthusiasts
- Follow the rules and norms / resistance to change?
- Social capital
- Less likely to switch activities/sports

New

- Experienced members supporting new
- How do we accommodate the 'squeeze' of new members for some clubs?
- Be active
- Take part with friends
- Convenience / fit my schedule / online
- On my terms – easy to start
- Pay as you take part
- Crossover gear
- E.g. golf, parkrun
- **Less expectation & resistance to change**

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Debrief



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