



[REDACTED] COUNCIL
ONLINE COMMUNITY SURVEY

(Pilot Report)

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1. This report uses raw survey data from 233 residents of [REDACTED] which was subsequently weighted using the latest 2021 Census data to make it more representative of the local population. It is relevant to note that the sample size (233) is well below the recommended number of 500 (for smaller councils) and around 1,000 (for larger councils). This in turn may adversely affect the reliability and robustness of the survey results. The survey results should therefore be interpreted with this caveat in mind.
2. The survey is reported in seven parts which covers: the demographics of survey respondents; self-reported health; physical activity levels and aspirations; indoor physical activity and indoor sport and leisure facilities; outdoor physical activity and outdoor sport and leisure facilities; active travel; and perceived barriers to being physically active for children or young people.
3. Most of the survey respondents were females (80%); residents aged 45 to 74 years old (75%); and residents who classed themselves as being from a white ethnic background (95%). There was a reasonably good representation of residents of different levels of deprivation (based on the index of multiple deprivation of their postcodes) in the sample.
4. The majority of the respondents considered themselves to have good health (84%); and did not have a disability or a long-term health condition (72%).
5. The survey indicates that c. 41% of the residents have done at least 5 days of moderate intensity physical activities (MIPA) that lasted 30 minutes or more in a week which meets the Chief Medical Officer's recommendation of 150 minutes of moderate intensity physical activity done over at least 5 days in a week for adults.
6. Most respondents indicated that they would like to be more physically active (62%); and to do more indoor leisure activities (76%). The top five most stated activities were: fitness or gym (49%); swimming (36%); yoga (25%); walking (21%); and cycling (17%).
7. Timing and availability of sessions (55% and 51% respectively) were the two most cited attributes which would encourage the respondents to be more active.
8. Overall, 63% of respondents were using one of the listed leisure facilities at the time of the survey. The three most stated reasons for not using these leisure facilities more often were 'non-availability of activities at convenient time' (26%); 'doing activities outside of the leisure centre' (19%); and, 'tiredness or not having enough energy' (19%).
9. 'Price or affordability' (63%); 'facilities on offer' (51%); and 'membership offer' (49%) were the three most important factors to the respondents when choosing an indoor sport and leisure facility to use.
10. The majority (93%) of respondents were aware of the sport and leisure facilities in their local area and c. 59% of the respondents who have used them rated them as 'good' or 'very good'. Most respondents would like to see the Council investing in swimming pools (46%) and gyms (33%).
11. Overall, 66% of the respondents indicated that a leisure centre played a significant role in their lifestyle, and 77% of the respondents intended to use the leisure centre for exercise at least once a week in the next three months.

12. Parks and green spaces (70%) were used most by the respondents to get active outdoors; followed by roads and streets (51%); and, woodlands (47%).
13. The majority of the respondents agreed that they had easy access to safe green spaces and parks near where they lived.
14. 'More information about activities outdoor' (39%); 'improved lighting in parks and open spaces' (34%); and, 'reduced crime and antisocial behaviour' (34%) were the three most cited aspects that would encourage them to use outdoors for physical activity more.
15. Based on the survey, 77% of the residents walked for travel; whilst 24% of the residents cycled for travel.
16. Active travellers in [REDACTED] typically walked 4 days and cycled 3 day per week for travel. The average time spent on active travel weekly was about 4 hours for cycling, and 5 hours for walking.
17. The three most cited interventions that would encourage higher levels of active travel for residents of [REDACTED] were: 'separating active travellers from traffic' (47%); 'more direct routes' (41%); and 'improved safety features which made them feel safer (e.g. pelican crossings at busy roads or junctions; or dedicated turns for cyclists at traffic lights)' (40%).
18. Based on the opinions of parents and guardians (c. 24%) and people who worked with children under 16 (c. 1%) , the three most cited barriers to children under 16 being more physically active were: 'lack of money' (49%); 'lack of information on how and where to get them active' (46%); and 'child's lack of confidence' (40%).

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1. INTRODUCTION

- 1.1 This report has been produced by Sport England's Moving Communities (MC) for [REDACTED] Council. The report has been compiled by staff from the Sport Industry Research Centre (SIRC) at Sheffield Hallam University.
- 1.2 This research is designed for local authorities and leisure operators registered with Moving Communities to engage with their residents and to uncover their attitudes and perceptions about physical activity; active leisure; sporting activities; active travel; and the availability of opportunities in their local community. It also aims to identify the barriers to communities becoming more active and to find out what would encourage them to be more active.
- 1.3 The data within this report are derived from an online survey of 233 residents of [REDACTED] conducted between 22nd July and 15th August 2022. The survey data was based on a self-selecting sample which in its raw form could be skewed in favour of some groups and thereby be under representative of other groups. Section 2.2 shows the differences between the demographic composition of the survey sample and [REDACTED] population. The survey responses presented in this report were weighted by composite demographic ratios derived for [REDACTED] using the survey data and the 2021 Census data. Appendix A shows the frequency distributions of the weighted results.
- 1.4 It is relevant to note that the sample size, at 233, is well below the recommended number of 500 (for smaller councils) and around 1,000 (for larger councils). This in turn may adversely affect the reliability and robustness of the survey results. Survey results in this report should therefore be interpreted with this caveat in mind.
- 1.5 The survey is reported in seven parts:
- Demographics of the survey respondents
 - Self-reported health
 - Physical activity levels and aspirations
 - Indoor physical activity and indoor sport and leisure facilities
 - Outdoor physical activity and outdoor sport and leisure facilities
 - Active travel
 - Barriers to being physically active for children or young people

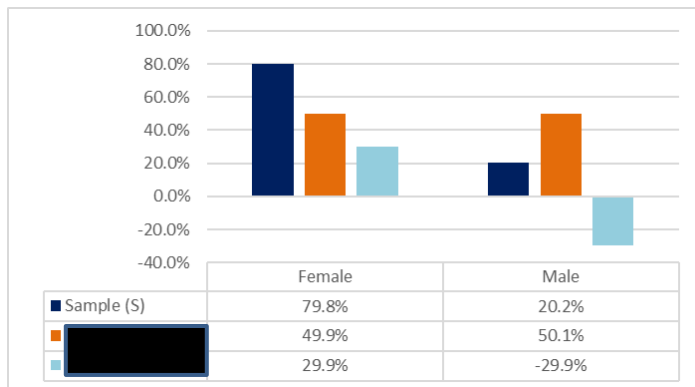
2. COMMUNITY SURVEY OF [REDACTED]

DEMOGRAPHICS OF THE SURVEY RESPONDENTS

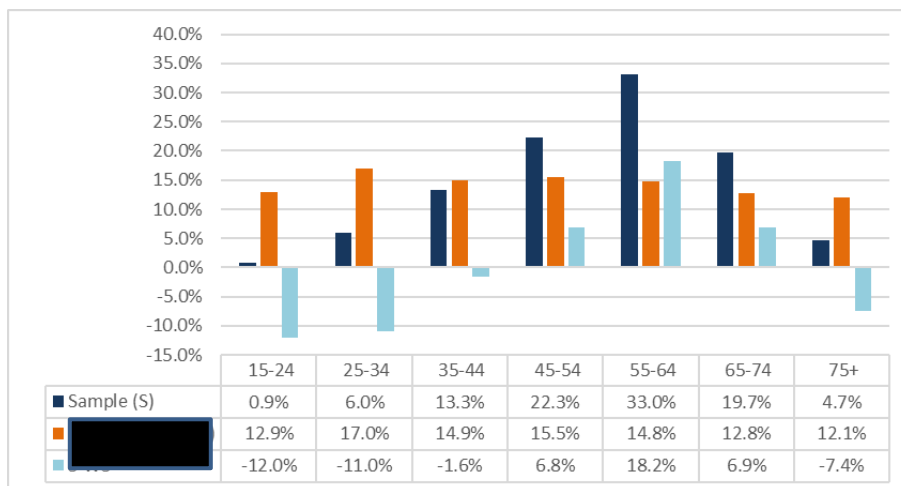
2.1. This section shows the demographics of the survey sample (unweighted). Most of the survey respondents were females (80%); residents aged 45 to 74 years old (75%); and residents who classed themselves as being from a white ethnic background (95%). There was a reasonably good representation of residents of different levels of deprivation (based on the index of multiple deprivation of their postcodes) in the sample.

2.2 Female residents and residents aged 45 to 64 years were overrepresented in the survey sample by 30 percent points and 25 percent points respectively when compared with their incidence in the local population (50% and 30% respectively)¹. The demographic differences between the sample and the local authority area's population are statistically significant for gender and all age groups (except for 35 to 44-year-olds). The survey results were adjusted using composite weighting factors (based on gender and age) to provide a better representation of [REDACTED] population.

Q1: Are you...?²



Q2: Please state your age:



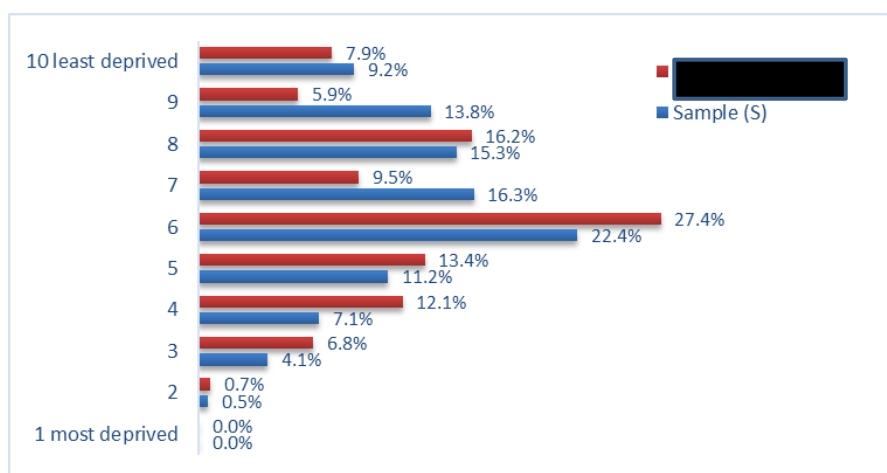
¹ 2021 Census data is only available for age and gender as at the date of this report.

² 2021 Census data for gender is only available for these two categories: male and females.

Q3: What is your ethnicity?

	<i>Ethnic groups</i>	<i>Sample</i>
<i>White</i>	<i>English/Welsh/Scottish/Northern Irish or British</i>	91.8%
	<i>Any other white background</i>	1.3%
	<i>Irish</i>	1.7%
	<i>Gypsy or Irish Traveller</i>	0.4%
<i>Ethnically diverse</i>	<i>White and Black Caribbean</i>	5.1%
	<i>Caribbean</i>	1.3%
	<i>Pakistani</i>	0.9%
	<i>Indian</i>	0.9%
	<i>Chinese</i>	0.9%
	<i>Any other Black/Black British or Caribbean background</i>	0.4%

Q4: Index of multiple deprivation (IMD) decile based on respondents' postcodes



Note. No data on IMD Decile 1 was found for the local authority district of [redacted] on the English indices of deprivation 2019 database.

Q5: What is your current working status? Please select your main status.

<i>Current working status of respondents</i>	<i>Sample</i>
<i>Working part-time</i>	24.0%
<i>Working full-time</i>	33.5%
<i>Unemployed (long term) – more than 12 months</i>	0.4%
<i>Unemployed – less than 12 months</i>	0.4%
<i>Not working – long term sick or disabled</i>	2.1%
<i>Not working – looking after house/children</i>	4.7%
<i>Not working – retired</i>	29.2%
<i>Student – in part-time education studying for a recognised qualification</i>	0.0%
<i>Student – in full-time education studying for a recognised qualification</i>	1.3%
<i>Other</i>	4.3%

WEIGHTED SURVEY RESULTS

SELF-REPORTED HEALTH

2.3 The survey results in this and subsequent sections are weighted and presented for the overall sample and the sub-samples for gender; age; ethnicity and, also for people with a disability or long-term health condition. The results are presented as tables and are colour-coded to aid differentiation. The tabulated results are colour-coded vertically (i.e., within a column) unless stated differently. The green highlights show higher scores or higher percentages whilst the red highlights show lower scores or lower percentages. It is relevant to note that the subsample sizes for the 16-29 age group and the ethnically diverse are small (7 and 11 respectively); and hence the survey results of these groups are indicative only.

2.4 The majority of the respondents considered themselves to have good health (84%); and did not have a disability or a long-term health condition (72%).

Q6: How is your health in general?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Good	58.2%	56.9%	59.5%	55.0%	58.3%	59.6%	61.0%	23.5%	43.6%
Very good	25.8%	25.7%	25.9%	45.0%	22.9%	24.1%	25.0%	34.7%	0.0%
Fair	11.3%	13.7%	8.8%	0.0%	11.5%	16.3%	12.0%	2.4%	29.5%
Bad	4.8%	3.7%	5.8%	0.0%	7.3%	0.0%	2.0%	39.3%	26.9%

Q7: Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

	Gender			Age groups			Ethnicity	
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse
No	72.0%	69.3%	74.7%	89.9%	67.4%	75.6%	73.5%	52.5%
Yes	25.4%	26.4%	24.5%	10.1%	29.0%	23.1%	23.7%	47.5%
Prefer not to say	2.6%	4.4%	0.8%	0.0%	3.5%	1.3%	2.8%	0.0%

Q8: Do any of your conditions or illnesses reduce your ability to carry out day to day activities? (Applicable only to those answered 'yes' in Q7)

	Gender			Age groups			Ethnicity	
	All	Female	Male	16-29	25-64	65+	White	Ethnically diverse
Yes a little	38.2%	63.3%	10.6%	n.a.	25.7%	67.5%	42.3%	n.a.
Not at all	37.4%	11.7%	65.6%	n.a.	49.9%	2.7%	42.6%	n.a.
Yes a lot	23.3%	22.9%	23.8%	n.a.	22.9%	29.7%	13.9%	n.a.
Prefer not to say	1.1%	2.0%	0.0%	n.a.	1.5%	0.0%	1.2%	n.a.

Note. n.a. due to low sub-sample sizes (16-29 age group, n=1; ethnically diverse, n=4)

Q9: Please tick the box(es) below that best describe your impairment(s). (Applicable only to those answered 'yes' in Q7, i.e. 25% of the sample)

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Long-term illness or health (e.g. cancer/HIV/diabetes/chronic heart disease/arthritis/chronic asthma)	68.1%	54.8%	82.6%	n.a.	70.6%	52.8%	64.9%	n.a.	59.5%
Mental ill health (e.g. depression/anxiety/bipolar disorders/schizophrenia)	26.0%	25.0%	27.2%	n.a.	28.3%	2.7%	30.1%	n.a.	21.2%
Mobility or physical (e.g. walking/dexterity)	25.9%	39.9%	10.6%	n.a.	15.0%	68.7%	29.4%	n.a.	40.0%
Other	4.8%	9.2%	0.0%	n.a.	4.1%	8.2%	4.4%	n.a.	7.9%
Prefer not to say	4.7%	5.8%	3.4%	n.a.	6.3%	0.0%	5.4%	n.a.	1.0%
Hearing (e.g. mild to profound deafness)	4.7%	5.8%	3.4%	n.a.	5.5%	2.7%	4.6%	n.a.	5.0%
Developmental (e.g. dyslexia)	2.3%	1.3%	3.4%	n.a.	3.1%	0.0%	2.7%	n.a.	1.1%
Autistic Spectrum Disorders or Attention Deficit Disorders or Attention Deficit Hyperactive Disorders	2.1%	4.1%	0.0%	n.a.	2.9%	0.0%	2.5%	n.a.	3.5%
Impaired memory/concentration or ability to understand (e.g. head injury/stroke/dementia)	1.3%	2.5%	0.0%	n.a.	1.8%	0.0%	1.5%	n.a.	2.1%
Communication (e.g. impaired speech)	1.1%	2.0%	0.0%	n.a.	1.5%	0.0%	1.2%	n.a.	1.7%
Learning (e.g. mild to profound learning disability)	0.6%	1.1%	0.0%	n.a.	0.8%	0.0%	0.7%	n.a.	1.0%

Note. n.a. due to low sub-sample sizes (16-29 age group, n=1; ethnically diverse, n=4)

CURRENT LEVELS OF PHYSICAL ACTIVITY AND ASPIRATION

2.3 The survey indicates that c. 41% of the residents have done at least 5 days of moderate intensity physical activities (MIPA) that lasted 30 minutes or more in a week which meets the Chief Medical Officer's recommendation of 150 minutes of moderate intensity physical activity done over at least 5 days in a week for adults. However, the proportion of residents who were active in [REDACTED] was below the 60% of active population in England (Active Lives Survey).

2.4 The survey results for attitudinal statements in Q11 were presented in terms of average (mean) scores. Answers stating 'don't know' (0.4% to 6%) were excluded from the derivation of these scores. An average score of above 2 indicates that there are more respondents tending to agree with the statement whilst an average score of 2 or below indicates a general tendency toward disagreement. A frequency distribution for Q11 is available for the overall sample in Appendix A. Meanwhile the average scores were colour-coded horizontally to allow visual comparison across the subsamples.

2.5 Improving and managing physical health (84%) and mental health (68%) were the most cited reasons for doing a sport or physical activity. Most respondents indicated that they would like to be more physically active (62%); and to do more indoor leisure activities (76%). The top five most stated activities were: fitness or gym (49%); swimming (36%); yoga (25%); walking (21%); and cycling (17%). 'Timing and availability of sessions' (55% and 51% respectively) were the two most cited attributes which would encourage the respondents to be more active.

Q10: In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
0	8.6%	9.5%	7.8%	0.0%	13.3%	0.0%	5.4%	49.2%	28.8%
1	2.9%	4.1%	1.7%	0.0%	2.7%	4.8%	3.1%	0.0%	5.0%
2	17.1%	24.1%	10.1%	20.2%	16.1%	18.3%	17.1%	17.7%	31.7%
3	15.4%	15.1%	15.7%	0.0%	16.9%	19.0%	15.4%	16.0%	5.0%
4	15.5%	17.2%	13.7%	30.2%	13.5%	13.7%	15.5%	15.1%	5.0%
5	16.5%	12.4%	20.6%	0.0%	16.7%	24.1%	17.6%	2.1%	15.6%
6	12.8%	4.6%	21.0%	49.6%	7.6%	8.8%	13.8%	0.0%	2.9%
7	11.2%	12.9%	9.5%	0.0%	13.2%	11.2%	12.1%	0.0%	6.1%

Q11: Please tell us how much you agree or disagree with the following statements about physical activity.

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Q11a: I know the recommended guidelines for physical activity	3.23	3.20	3.26	3.25	3.21	3.27	3.22	3.34	3.24
Q11b: I understand the benefits of physical activity	3.68	3.57	3.78	3.80	3.70	3.56	3.67	3.76	3.57
Q11c: I am physically capable of being active	3.53	3.40	3.66	3.90	3.54	3.32	3.58	2.92	2.69
Q11d: I have the necessary sporting skills to be active	3.29	3.00	3.56	3.70	3.34	2.96	3.30	3.13	2.80
Q11e: I have enough time to be active	3.11	2.90	3.30	3.25	2.92	3.55	3.12	2.88	3.16
Q11f: I have the necessary resources to be active (e.g. money and equipment)	2.95	2.87	3.02	3.20	2.77	3.31	2.98	2.60	2.55
Q11g: I have the social support I need to be active (e.g. support from family or someone to take part with)	3.10	2.96	3.24	3.55	2.93	3.31	3.12	2.80	2.74
Q11h: I find sport or physical activity enjoyable and satisfying	3.39	3.33	3.44	3.70	3.29	3.50	3.40	3.18	3.11
Q11i: It's important to me to do sport or physical activity	3.49	3.33	3.64	3.50	3.46	3.55	3.48	3.51	3.35
Q11j: I feel guilty when I don't do any sport or physical activity	3.02	3.05	2.98	2.22	3.18	2.91	3.00	3.25	3.05
Q11k: I want to be active	3.57	3.57	3.57	3.55	3.56	3.60	3.56	3.63	3.55
Q11l: Being active is part of my routine	3.16	2.96	3.36	3.25	3.08	3.33	3.16	3.19	2.95

Note. Highlights comparison: horizontally by rows. Strongly agree=4; agree = 3; disagree=2; strongly disagree=1

Q12: Why do you do sport or physical activity? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Improving/managing my physical health	83.9%	83.1%	84.6%	79.8%	81.4%	92.7%	82.9%	96.3%	92.1%
Improving/managing my mental health	68.0%	67.8%	68.1%	79.8%	73.6%	46.3%	69.0%	55.4%	67.6%
Fun	55.2%	50.6%	59.8%	79.8%	52.1%	51.2%	57.4%	27.5%	33.8%
Social aspects/meeting people	52.1%	49.1%	55.2%	55.0%	48.4%	61.1%	50.2%	76.1%	65.2%
To lose weight	44.5%	55.0%	33.9%	45.0%	49.6%	30.0%	40.7%	92.1%	55.4%
To get out of the house	43.1%	37.0%	49.4%	79.8%	43.1%	24.9%	41.7%	61.1%	45.6%
Improve my appearance	41.4%	42.6%	40.2%	79.8%	40.2%	25.4%	42.5%	27.9%	22.4%
Time alone/by myself	34.7%	33.8%	35.7%	45.0%	41.3%	11.5%	32.9%	57.4%	38.1%
To develop skills	17.4%	17.2%	17.7%	59.7%	11.1%	14.0%	17.2%	19.7%	5.0%
Role model to my children	17.1%	16.1%	18.1%	0.0%	24.5%	5.1%	15.0%	43.0%	25.8%
To be a part of a team	14.4%	11.4%	17.5%	34.9%	14.2%	4.8%	12.0%	45.1%	18.4%
Recovery from injury or surgery	14.4%	11.7%	17.1%	0.0%	15.2%	19.4%	12.2%	41.7%	40.6%
I do not do any sport or physical activity	3.9%	3.9%	3.9%	0.0%	6.0%	0.0%	3.9%	3.7%	8.0%
Travel	2.1%	4.1%	0.0%	10.1%	1.4%	0.0%	2.1%	2.1%	0.0%
GP referral	1.8%	3.6%	0.0%	0.0%	1.5%	3.5%	1.9%	0.0%	8.2%
Other	1.6%	1.5%	1.8%	0.0%	1.2%	3.8%	1.8%	0.0%	2.9%

Q13: How do you prefer to get active? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Alone	63.7%	56.2%	71.2%	65.1%	70.8%	43.2%	61.5%	90.5%	51.3%
With friends	50.1%	57.5%	42.6%	89.9%	36.3%	68.2%	51.4%	33.1%	51.3%
In a sporting group (e.g. club or team)	39.4%	35.4%	43.4%	79.8%	33.4%	35.6%	38.6%	49.2%	39.1%
With family	24.1%	33.7%	14.4%	30.2%	23.3%	23.2%	25.9%	2.1%	19.8%
With a personal trainer/coach	19.1%	15.5%	22.8%	34.9%	17.1%	16.8%	17.5%	39.3%	31.3%
I am not currently active	3.7%	5.5%	1.9%	0.0%	5.7%	0.0%	3.7%	3.7%	11.5%
Other	1.9%	3.0%	0.8%	0.0%	3.0%	0.0%	1.9%	2.4%	1.1%

Q14: Do you want to be more physically active than you are now?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Yes	61.6%	73.1%	50.0%	50.4%	71.3%	40.3%	59.5%	88.0%	73.4%
No	28.0%	15.4%	40.8%	49.6%	16.2%	50.0%	29.3%	12.0%	21.8%
I am not sure	10.4%	11.6%	9.1%	0.0%	12.5%	9.7%	11.2%	0.0%	4.8%

Q15: In which of the following areas would you like to see increases in your personal physical activity? Please select up to three areas

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Indoor Leisure – e.g. dance/fitness/active play/gym/swimming/group exercise classes	76%	86%	66%	100%	71%	80%	75%	93%	92%
Outdoor Leisure – e.g. walking/cycling/running/wheeling/using green and open spaces/outdoor fitness	53%	48%	59%	20%	59%	55%	52%	74%	49%
Travel - walking/cycling/running/wheeling	35%	30%	40%	20%	44%	18%	32%	68%	43%
Sport - informal/non-competitive	19%	14%	25%	20%	22%	11%	17%	47%	28%
Organised sport - structured competitive activity at clubs or schools	18%	10%	26%	10%	24%	5%	16%	43%	22%

Q16: Are there any specific sports or activities you would like to do, or do more? Please select up to three activities

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Fitness or gym	49.2%	38.7%	61.1%	65.1%	47.4%	45.4%	48.3%	59.0%	48.7%
Swimming	36.2%	43.6%	28.0%	20.2%	38.1%	40.2%	33.2%	71.0%	69.8%
Yoga	25.1%	29.2%	20.5%	10.1%	30.2%	18.7%	25.4%	22.1%	20.2%
Walking	21.0%	25.4%	16.0%	10.1%	22.2%	23.6%	17.8%	57.4%	35.7%
Cycling	17.1%	9.6%	25.4%	0.0%	20.8%	15.8%	17.4%	13.0%	14.8%
Running	15.1%	13.1%	17.3%	20.2%	16.1%	9.0%	16.4%	0.0%	1.2%
Climbing	15.0%	10.6%	19.9%	24.8%	18.0%	0.0%	14.6%	19.7%	1.8%
Weightlifting	14.2%	7.4%	21.8%	10.1%	16.7%	9.0%	13.9%	17.5%	3.0%
Aerobics	14.0%	24.7%	1.9%	10.1%	13.3%	18.4%	14.9%	4.1%	28.9%
Parkrun	13.9%	16.8%	10.5%	10.1%	15.7%	10.6%	13.7%	16.0%	3.4%
Badminton	13.7%	12.3%	15.2%	20.2%	14.9%	6.1%	8.8%	68.3%	20.6%
Boxing	11.6%	9.9%	13.5%	24.8%	12.8%	0.0%	12.4%	2.1%	4.7%
Football	11.2%	3.0%	20.3%	34.9%	10.2%	0.0%	8.7%	39.3%	19.4%
Dance	10.6%	19.9%	0.0%	0.0%	10.8%	16.2%	9.9%	18.0%	11.8%
Other	10.5%	13.0%	7.7%	10.1%	11.1%	8.9%	10.9%	5.8%	10.0%
Table tennis	8.0%	3.1%	13.5%	0.0%	12.2%	0.0%	3.8%	55.3%	20.5%
Skiing	8.0%	3.1%	13.5%	24.8%	7.1%	0.8%	7.3%	16.0%	0.0%
Zumba	7.5%	14.1%	0.0%	0.0%	7.6%	11.5%	8.1%	0.0%	10.4%
Squash	6.7%	0.6%	13.5%	0.0%	10.2%	0.0%	7.3%	0.0%	0.0%
Tennis	6.6%	6.5%	6.8%	0.0%	8.7%	4.2%	3.8%	39.3%	21.5%
Martial arts	6.1%	6.6%	5.4%	0.0%	8.1%	3.4%	6.3%	3.7%	1.8%
Athletics	5.9%	6.5%	5.3%	10.1%	5.6%	4.5%	6.4%	0.0%	0.0%
Ice skating	5.7%	2.8%	9.0%	24.8%	3.9%	0.0%	6.2%	0.0%	0.0%
Rowing	5.3%	4.4%	6.4%	0.0%	4.9%	9.8%	5.8%	0.0%	0.0%
Cricket	5.2%	0.0%	11.1%	0.0%	6.5%	4.5%	2.2%	39.3%	19.4%
Basketball	5.2%	3.7%	6.8%	10.1%	5.9%	0.0%	5.3%	3.7%	0.0%
Watersports	5.0%	6.7%	3.2%	10.1%	5.7%	0.0%	4.1%	16.0%	1.2%
Parkour	4.8%	3.0%	6.8%	24.8%	2.4%	0.0%	3.8%	16.0%	1.8%
Rugby union	4.1%	3.0%	5.3%	10.1%	2.8%	4.5%	4.1%	3.7%	2.8%
Triathlon	4.0%	3.8%	4.3%	0.0%	4.6%	4.5%	4.2%	2.1%	0.0%
Volleyball	3.8%	0.4%	7.7%	24.8%	1.0%	0.0%	4.2%	0.0%	0.0%
Bowls	3.1%	0.3%	6.2%	0.0%	0.3%	13.5%	3.3%	0.0%	0.0%
Netball	3.0%	5.7%	0.0%	0.0%	4.6%	0.0%	3.0%	3.7%	1.2%
Sailing	1.9%	1.6%	2.2%	0.0%	2.9%	0.0%	2.1%	0.0%	1.8%
Golf	1.7%	0.6%	3.0%	0.0%	1.1%	4.5%	1.9%	0.0%	0.0%
Hockey	1.6%	3.0%	0.0%	10.1%	0.5%	0.0%	1.7%	0.0%	1.8%
Wheeling	0.2%	0.3%	0.0%	0.0%	0.3%	0.0%	0.2%	0.0%	0.0%

Q17: Are there any sessions you would like to do? Please select up to three sessions

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Sessions for women and girls	40.1%	55.5%	0.0%	80.0%	45.7%	13.2%	41.3%	31.7%	29.2%
Sessions for older people	38.7%	34.3%	50.1%	0.0%	17.4%	98.0%	41.4%	18.5%	42.8%
Sessions for people with a specific health condition	25.0%	20.5%	36.8%	0.0%	23.5%	37.7%	21.9%	48.0%	61.4%
Sessions for parents and toddlers	17.0%	16.1%	19.4%	20.0%	24.1%	1.0%	12.9%	47.6%	21.1%
Other	12.5%	9.8%	19.4%	0.0%	20.2%	1.0%	13.6%	4.3%	5.4%
Sessions for disabled people	5.8%	7.0%	2.8%	0.0%	4.6%	10.7%	6.6%	0.0%	21.7%
Sessions for young people	2.7%	3.7%	0.0%	20.0%	0.8%	0.0%	3.1%	0.0%	0.0%
Sessions for students	2.5%	3.5%	0.0%	20.0%	0.5%	0.0%	2.9%	0.0%	0.0%
Sessions for the LGBTQ+ communities	1.1%	0.5%	2.8%	0.0%	1.8%	0.0%	1.2%	0.0%	0.0%

Q18: What else would encourage you to be more active than you are? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Timing of sessions	55.4%	60.0%	50.5%	65.1%	58.9%	40.6%	58.1%	23.8%	42.8%
Availability of sessions	50.6%	67.4%	32.7%	40.3%	50.6%	56.2%	52.7%	26.2%	54.6%
Something to motivate me	26.6%	30.4%	22.6%	20.2%	28.7%	24.6%	23.8%	59.4%	35.1%
More confidence to take part	21.9%	25.1%	18.5%	10.1%	28.2%	10.9%	18.8%	57.7%	42.8%
Location of service sites	17.1%	23.6%	10.2%	10.1%	19.3%	14.8%	16.4%	25.9%	13.5%
Someone to attend with	15.6%	16.3%	14.8%	10.1%	19.6%	7.5%	11.7%	61.1%	32.6%
Other	13.0%	7.6%	18.9%	24.8%	14.7%	2.1%	13.5%	7.4%	13.4%
Childcare provision	11.5%	14.3%	8.5%	10.1%	15.9%	0.0%	8.8%	43.0%	18.9%
None of the above	9.8%	3.6%	16.4%	0.0%	7.1%	22.3%	8.2%	28.7%	4.9%
Safer facilities	1.2%	2.3%	0.0%	0.0%	1.6%	0.7%	1.3%	0.0%	2.8%
Improved Covid19 measures in place	0.7%	1.3%	0.0%	0.0%	0.8%	0.7%	0.7%	0.0%	2.0%

INDOOR PHYSICAL ACTIVITY AND INDOOR SPORT AND LEISURE FACILITIES

2.6 This section shows which of the [redacted] Council's sport and leisure facilities had been used to do a physical activity and what would encourage respondents to use these indoor leisure facilities more often.

2.7 Overall, 63% of respondents were using one of the listed leisure facilities at the time of the survey. The three most stated reasons for not using these leisure facilities more often were 'non-availability of activities at convenient time' (26%); 'doing activities outside of the leisure centre' (19%); and, 'tiredness or not having enough energy' (19%). 'Price or affordability' (63%); 'facilities on offer' (51%); and 'membership offer' (49%) were the three most important factors to the respondents when choosing an indoor sport and leisure facility to use.

2.8 The majority (93%) of respondents were aware of the sport and leisure facilities in their local area and c. 59% of the respondents who have used them rated them as 'good' or 'very good'. Most respondents would like to see the Council investing in swimming pools (46%) and gyms (33%). Overall, 66% of the respondents indicated that a leisure centre played a significant role in their lifestyle, and 77% of the respondents intended to use the leisure centre for exercise at least once a week in the next three months.

Q19: Which of the following sport & leisure centres have you used to do a physical activity before?
Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
[redacted] Leisure Centre	39.8%	43.0%	36.5%	55.0%	44.7%	18.5%	40.9%	25.5%	21.8%
[redacted] Leisure Centre	27.0%	24.0%	30.1%	10.1%	22.8%	47.3%	26.4%	35.2%	20.6%
[redacted] Leisure Centre	19.2%	19.0%	19.4%	34.9%	17.8%	15.2%	20.7%	0.0%	13.2%
[redacted]	15.9%	20.1%	11.7%	20.2%	13.5%	20.3%	17.2%	0.0%	19.4%
[redacted]	13.3%	15.5%	11.0%	10.1%	15.2%	9.5%	14.3%	0.0%	4.4%
None	10.8%	9.7%	12.0%	0.0%	14.9%	5.1%	8.3%	43.0%	28.9%
[redacted] Leisure & Health Hub	9.3%	8.2%	10.4%	34.9%	6.4%	4.4%	10.0%	0.0%	10.1%

Q20: How recently and regularly have you used these sports and leisure centres?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
I currently use the above listed sport & leisure centre/s for physical activity on a regular basis	62.5%	62.0%	63.1%	65.1%	51.7%	91.0%	65.1%	31.2%	52.1%
I used them before April 2020 (pre-COVID 19)	8.9%	9.2%	8.6%	10.1%	11.7%	0.7%	9.3%	3.7%	7.4%
I have used them in the past three months but not on a regular basis	11.0%	10.4%	11.7%	24.8%	11.8%	2.0%	11.7%	2.4%	6.4%
I have used them but not in the past three	7.1%	9.9%	4.4%	0.0%	10.5%	1.3%	6.4%	16.0%	7.8%
I have never used the above listed Council-provided sport & leisure centres for physical	9.1%	7.8%	10.4%	0.0%	12.2%	5.1%	6.1%	46.7%	25.4%
I am not sure	1.3%	0.7%	1.9%	0.0%	2.0%	0.0%	1.4%	0.0%	1.0%

Q21: Why do you not use a sport & leisure centre to do a physical activity on a regular basis? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Non-availability of activities at a convenient time	26.3%	26.7%	25.9%	20.2%	32.6%	12.1%	28.1%	3.7%	25.7%
I have been doing activity outside of the leisure centre	19.4%	13.3%	25.6%	34.9%	21.1%	7.0%	20.7%	3.7%	7.9%
I am too tired/I do not have enough energy	19.2%	20.9%	17.5%	45.0%	21.5%	0.0%	18.8%	23.4%	12.1%
Not enough time - work related	18.6%	15.2%	22.0%	10.1%	25.2%	4.4%	17.9%	27.1%	4.8%
It is too expensive	13.7%	15.8%	11.6%	0.0%	20.0%	3.3%	14.1%	9.5%	14.4%
Not enough time - family related	13.5%	17.3%	9.7%	20.2%	17.2%	0.0%	14.3%	3.7%	5.0%
Other	10.7%	8.9%	12.5%	10.1%	14.4%	0.7%	11.3%	3.7%	13.1%
I do not feel the environment is welcoming	9.8%	5.3%	14.4%	0.0%	15.1%	0.0%	9.0%	19.7%	1.7%
I do not know how to use the equipment	8.5%	5.5%	11.7%	0.0%	13.2%	0.0%	9.2%	0.0%	4.6%
I have health problems or illnesses	8.3%	8.2%	8.4%	0.0%	10.0%	8.0%	5.7%	41.7%	40.0%
I have been going to another leisure centre	5.6%	6.6%	4.5%	0.0%	7.0%	4.4%	4.7%	16.0%	2.7%
Transport issues	2.0%	2.0%	1.9%	0.0%	2.6%	1.3%	2.1%	0.0%	2.7%
I do not want to risk contracting Covid-19	1.6%	3.3%	0.0%	0.0%	2.3%	0.7%	1.5%	3.7%	2.7%
Most people I know do not use it	1.5%	0.3%	2.8%	0.0%	2.1%	0.7%	1.6%	0.0%	0.0%
Don't know	0.3%	0.6%	0.0%	0.0%	0.2%	0.7%	0.3%	0.0%	1.0%

Note. Responses were based on 87 respondents (c. 37% of the sample), excluding those who were using the centre on a regular basis (based on Q20).

Q22: Would you consider trying out/having physical activities at your local leisure centre in the near future, if you are offered: Please select one option.

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Discounted prices – for disadvantaged reasons such as students; disability single parents/unemployment etc.	6.0%	4.8%	7.2%	0.0%	8.5%	1.0%	2.6%	40.8%	28.8%
Discounted prices – on basis of local residents/corporate membership/work discount/family membership	40.0%	37.7%	42.3%	50.0%	46.3%	10.0%	42.3%	17.1%	16.2%
Exclusive sessions for a specific group (e.g. elderly/disabled/LGBTQ+...)	9.8%	14.3%	5.4%	0.0%	2.5%	43.8%	10.5%	2.2%	24.2%
No obligation free taster sessions	29.7%	32.1%	27.4%	11.2%	29.4%	44.1%	29.3%	33.9%	18.7%
Other	14.5%	11.1%	17.7%	38.8%	13.4%	1.0%	15.3%	6.0%	12.1%

Q23: Please tell us how much you agree or disagree with the following statements

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Q23a: I am aware of the sport and leisure facilities in my local area	3.33	3.22	3.43	3.70	3.21	3.48	3.35	3.03	3.08
Q23b: I know what activities are offered by these sport and leisure centres in my local area	3.10	3.12	3.08	3.70	2.87	3.41	3.18	2.13	2.61
Q23c: In the next three months I intend to exercise at least once a week at the leisure centre	3.28	3.23	3.32	3.73	3.06	3.70	3.28	3.19	3.48
Q23d: I intend to exercise more often at the leisure centre than in more informal settings (e.g. at home/in the park)	2.83	2.85	2.81	3.46	2.59	3.22	2.79	3.32	3.31
Q23e: The leisure centre does not play a significant role in the lifestyle I want to live	2.12	2.09	2.15	1.80	2.27	1.81	2.06	2.73	2.33

Note. Highlights comparison: horizontally by rows. Strongly agree=4; agree = 3; disagree=2; strongly disagree=1

Q24: How would you rate [redacted] Council's sport and leisure facilities in [redacted]?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Very good	18.8%	16.6%	21.0%	45.0%	12.1%	24.3%	20.3%	0.0%	11.1%
Good	33.8%	37.2%	30.2%	45.0%	30.4%	37.6%	34.3%	27.0%	23.8%
Okay	21.6%	23.2%	20.1%	0.0%	22.8%	29.4%	21.6%	22.5%	18.1%
Poor	9.9%	7.9%	12.0%	10.1%	13.3%	0.0%	10.7%	0.0%	9.5%
Very poor	3.9%	1.8%	6.0%	0.0%	5.9%	0.0%	3.9%	3.7%	0.0%
No opinion	1.6%	3.1%	0.0%	0.0%	1.1%	3.7%	1.4%	3.7%	5.5%
I do not use any of the local authority owned facilities in [redacted]	10.5%	10.2%	10.8%	0.0%	14.3%	5.0%	7.9%	43.0%	32.0%

Q25: What is important to you when choosing an indoor sport and leisure facility to use? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Price/Affordability	62.7%	68.1%	57.3%	79.8%	68.6%	35.9%	61.4%	78.8%	65.1%
Facilities on offer	51.1%	50.3%	51.9%	45.0%	55.8%	40.5%	51.7%	43.5%	57.9%
Membership offers	48.6%	49.6%	47.6%	30.2%	54.2%	41.9%	48.0%	56.5%	46.5%
Parking	40.6%	51.2%	30.0%	20.2%	38.7%	57.1%	39.1%	58.7%	62.5%
Location	27.6%	30.3%	24.9%	45.0%	25.6%	24.2%	28.3%	19.7%	21.0%
Other	11.8%	10.1%	13.6%	0.0%	17.2%	2.1%	12.0%	9.5%	8.0%
Child friendly	9.1%	12.3%	5.9%	20.2%	9.9%	0.7%	6.6%	39.3%	18.8%
Links to existing clubs	7.3%	8.3%	6.4%	10.1%	6.3%	8.9%	7.9%	0.0%	1.1%
None of the above	7.2%	4.0%	10.3%	0.0%	7.7%	9.4%	7.4%	4.5%	2.3%
Transport link	3.1%	3.3%	2.8%	0.0%	3.3%	3.8%	3.3%	0.0%	2.7%
Disabled access	2.3%	4.7%	0.0%	0.0%	0.5%	9.1%	2.5%	0.0%	13.8%

Q26: What type of things would you like to see us invest in at indoor sport and leisure facilities? Please select up to three facilities

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Swimming pool	46.3%	58.2%	34.1%	55.0%	47.4%	38.3%	44.3%	71.4%	65.5%
Gym	32.8%	23.9%	42.0%	24.8%	34.5%	32.4%	30.8%	57.4%	33.2%
Indoor climbing	20.7%	18.0%	23.4%	59.7%	20.1%	0.7%	21.1%	16.0%	5.4%
Reducing the carbon footprint of our facilities	17.3%	22.5%	12.0%	20.2%	21.5%	2.9%	17.4%	16.0%	4.3%
Large sports hall	16.3%	6.6%	26.3%	34.9%	17.0%	3.9%	17.7%	0.0%	0.0%
Activity studios	15.6%	17.5%	13.6%	0.0%	14.8%	26.6%	16.4%	5.8%	20.0%
Provision of outdoor areas in addition to indoor provision	15.2%	16.5%	13.8%	0.0%	19.1%	11.8%	14.0%	29.0%	10.4%
Other	13.3%	13.6%	13.0%	10.1%	14.6%	11.1%	14.0%	4.5%	22.1%
Community hubs/activities	12.6%	10.1%	15.2%	24.8%	14.0%	1.5%	13.1%	6.1%	5.9%
Multipurpose space	12.2%	13.6%	10.6%	0.0%	13.5%	15.0%	13.2%	0.0%	15.3%
Cafe	11.3%	16.6%	5.8%	10.1%	9.9%	16.0%	11.1%	13.0%	11.1%
Children's soft play	7.9%	9.7%	6.2%	10.1%	9.7%	1.5%	5.3%	39.3%	21.1%
Family activity zone	7.3%	8.5%	6.2%	10.1%	7.2%	6.1%	4.7%	39.3%	21.7%
None of the above	7.3%	10.0%	4.5%	10.1%	5.4%	11.4%	7.6%	3.7%	9.5%
Artificial sports pitch	3.5%	0.9%	6.2%	0.0%	5.3%	0.0%	3.8%	0.0%	0.0%
Community hall	1.4%	2.7%	0.0%	0.0%	1.9%	0.7%	1.5%	0.0%	0.0%

OUTDOOR PHYSICAL ACTIVITY AND OUTDOOR SPORT AND LEISURE FACILITIES

2.9 This section shows how the residents used the outdoors to get active and what would make using the outdoors for physical activity easier for them. Parks and green spaces (70%) were used most by the respondents to get active outdoors; followed by roads and streets (51%); and, woodlands (47%).

2.10 The majority of the respondents agreed that they had easy access to safe green spaces and parks near where they lived. 'More information about activities outdoor' (39%); 'improved lighting in parks and open spaces' (34%); and, 'reduced crime and antisocial behaviour' (34%) were the three most cited aspects that would encourage them to use outdoors for physical activity more.

Q27: Which of the following places do you use to get active outdoors? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Parks and green spaces	70.3%	64.0%	76.4%	89.9%	68.0%	66.1%	68.0%	97.6%	73.1%
Roads and streets	51.3%	45.9%	56.6%	55.0%	55.8%	35.6%	54.9%	7.9%	21.5%
Woodlands	47.1%	47.4%	46.9%	30.2%	46.6%	58.1%	47.0%	48.8%	46.4%
National Parks/Areas of Outstanding Natural Beauty	44.8%	38.2%	51.2%	10.1%	47.7%	55.2%	46.5%	23.4%	40.1%
Your garden	41.3%	42.6%	40.0%	55.0%	32.9%	58.8%	44.2%	6.1%	45.9%
Rivers/canals/watercourses	23.3%	16.2%	30.3%	0.0%	24.0%	34.0%	23.1%	25.5%	16.7%
Sport/leisure centre (e.g. football pitches/athletics track/bowls green/tennis courts etc)	17.6%	9.3%	25.8%	59.7%	13.8%	5.6%	15.8%	39.3%	21.3%
Other	9.2%	3.4%	14.8%	0.0%	12.4%	4.6%	9.9%	0.0%	7.0%
Outdoor sports pitches/courts/lawns	6.2%	10.6%	1.8%	10.1%	5.9%	4.9%	6.7%	0.0%	3.0%
Gold course	2.7%	2.8%	2.7%	10.1%	0.7%	4.9%	3.0%	0.0%	8.2%
Reservoirs	2.5%	3.2%	1.8%	0.0%	2.2%	4.9%	2.4%	3.7%	4.2%

Q28: Please tell us how much you agree or disagree with the following statements regarding green spaces and parks

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Q28a: I have easy access to a green space/park	3.41	3.34	3.47	3.75	3.33	3.46	3.42	3.23	3.26
Q28b: There are green spaces/parks near where I live	3.41	3.42	3.41	3.75	3.31	3.54	3.43	3.20	3.33
Q28c: I feel safe when using the green spaces or parks near where I live	3.29	3.21	3.37	3.27	3.22	3.53	3.31	3.10	3.18
Q28d: I know where to find information on green spaces/parks in my local area	3.01	3.08	2.95	3.20	2.88	3.33	3.06	2.50	2.89

Note. Highlights comparison: horizontally by rows. Strongly agree=4; agree = 3; disagree=2; strongly disagree=1

Q29: What would encourage you to use the outdoors for sport and physical activity more? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
More information about activities outdoor	38.8%	39.5%	38.1%	20.2%	42.4%	38.5%	38.2%	45.9%	41.3%
Improved lighting in parks or open spaces in local community areas	34.3%	28.6%	40.0%	45.0%	35.6%	24.8%	31.5%	68.7%	36.0%
Reducing crime and antisocial behaviour	33.9%	37.3%	30.6%	10.1%	36.5%	39.3%	33.3%	41.4%	43.8%
Improving the maintenance of outdoor recreational spaces	29.8%	26.7%	32.8%	10.1%	36.5%	20.8%	27.0%	63.5%	40.6%
Improving access and footpath routes for walking/cycling and wheeling	24.5%	13.4%	35.5%	24.8%	22.5%	30.0%	22.8%	45.5%	31.4%
Increasing the range of activities on offer outdoors	21.4%	24.2%	18.6%	24.8%	24.3%	11.3%	18.4%	57.4%	38.0%
Making outdoor spaces more inclusive	19.6%	12.1%	27.1%	0.0%	24.6%	15.6%	16.3%	59.4%	26.4%
Improving the safety of outdoor spaces	18.8%	18.4%	19.3%	10.1%	21.2%	16.5%	15.6%	58.1%	30.9%
Better availability or timing of outdoor activities	16.7%	21.9%	11.5%	20.2%	19.5%	6.8%	16.6%	18.0%	13.8%
Improving the car parking facilities	13.3%	13.9%	12.6%	0.0%	16.7%	10.3%	9.6%	57.4%	26.5%
None of the above	12.7%	16.4%	9.0%	10.1%	10.1%	21.5%	13.7%	0.0%	25.3%
Improving the cycle storage facilities	9.9%	5.2%	14.6%	0.0%	13.1%	6.1%	10.4%	4.1%	3.4%
Other	9.7%	7.4%	12.0%	24.8%	9.5%	2.1%	10.2%	3.7%	1.0%
Improving site safety	7.5%	8.1%	6.8%	10.1%	7.6%	5.9%	4.7%	41.4%	19.6%
Improving the access by public transport	7.4%	4.1%	10.6%	0.0%	9.4%	5.4%	4.4%	43.8%	21.8%
Improving the facilities for the type of activity/sport I am interested in	7.2%	3.7%	10.8%	0.0%	10.8%	0.7%	7.4%	5.8%	3.3%
Improving the offer for those with specific needs	2.2%	4.4%	0.0%	0.0%	1.8%	4.5%	2.4%	0.0%	4.2%

ACTIVE TRAVEL

2.11 This section shows the level of active travel in [redacted] and what would encourage residents to do more active travel. Based on the survey, 77% of the residents walked for travel; whilst 24% of the residents cycled for travel. On average, these residents walked 4 days and cycled 3 days per week for travel. The average time spent on active travel weekly was about 4 hours for cycling, and 5 hours for walking. 'Separating active travellers from traffic' (47%); 'more direct routes' (41%); and 'improved safety features which made them feel safer (e.g. pelican crossings at busy roads or junctions; or dedicated turns for cyclists at traffic lights)' (40%) were the three most cited interventions that would encourage higher levels of active travel for residents of [redacted].

Q30: (Considering the past four weeks) In an average week, how often do you walk or cycle or wheel for travel purposes (e.g. to and from work, school, or local shops)? On an average day, how much time in minutes do you spend walking, cycling, and wheeling?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Time spent on walking for travel weekly	311	240	388	443	269	325	318	156	221
Time spent on cycling for travel weekly	256	136	304	n.a.	145	165	258	n.a.	197
Time spent on wheeling for travel weekly	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.

Note. n.a. due to low sub-sample sizes (16-29 age group, n=3; ethnically diverse, n=2). Results for wheeling for travel are not available due to a low response (n=2)

Q31: Is there anything that would encourage you to travel by walking or cycling or wheeling or other active means instead of by vehicle or, if you already travel actively, is there anything that would support you to do this more often? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Walkers/cyclists and wheelers separated from traffic	47.2%	49.6%	44.7%	26.8%	50.7%	47.3%	50.2%	20.1%	19.9%
More direct routes	40.5%	43.0%	37.8%	40.2%	50.7%	4.2%	41.1%	34.7%	18.6%
Improved safety features/feeling safer	39.3%	41.5%	37.1%	40.2%	39.0%	40.0%	35.2%	77.2%	55.4%
Better facilities to support active travel (secure cycle parking/changing/showers)	32.5%	24.0%	41.5%	26.8%	37.3%	19.1%	34.1%	18.0%	13.2%
Prioritising walkers/cyclists and wheelers at junctions	21.9%	13.4%	30.8%	0.0%	25.9%	20.7%	23.6%	6.2%	13.4%
Support for accessing/buying a bike	17.8%	13.7%	22.1%	46.4%	13.8%	14.4%	15.2%	41.4%	35.4%
Cycle maintenance sessions	16.7%	19.2%	14.1%	0.0%	20.2%	14.4%	12.0%	59.4%	35.9%
Other	10.3%	12.8%	7.6%	0.0%	11.5%	12.1%	10.3%	9.8%	17.7%
Learn to cycle sessions	7.1%	11.5%	2.4%	0.0%	7.7%	9.3%	5.5%	21.8%	7.8%

BARRIERS TO BEING PHYSICALLY ACTIVE FOR CHILDREN OR YOUNG PEOPLE

2.12 This last section shows the barriers to children under 16 being physically active more, as perceived by parents and guardians (c. 24%) and people who worked with children under 16 (c. 1%). Based on the opinions of these respondents, the three most cited barriers to children under 16 being more physically active were: 'lack of money' (49%); 'lack of information on how and where to get them active' (46%); and 'child's lack of confidence' (40%).

Q32: Are you responsible for children under 16?

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
No	75.0%	72.1%	77.9%	89.9%	64.0%	98.0%	76.7%	53.3%	68.0%
Yes as a parent or guardian	23.6%	25.1%	22.1%	10.1%	33.9%	2.0%	22.1%	43.0%	32.0%
Yes through my work	1.4%	2.8%	0.0%	0.0%	2.1%	0.0%	1.2%	3.7%	0.0%

Q33: What barriers, if any, do you face getting the children you are responsible for active? Please select all that apply

	Gender			Age groups			Ethnicity		Disability/health limiting activities
	All	Female	Male	16-29	30-64	65+	White	Ethnically diverse	Yes
Lack of money	49.1%	53.4%	43.8%	n.a.	51.6%	n.a.	40.9%	n.a.	75.5%
Lack of information on how and where to get them active	45.6%	32.9%	61.4%	n.a.	43.4%	n.a.	39.3%	n.a.	66.6%
Child's lack of confidence	40.0%	15.9%	70.1%	n.a.	42.6%	n.a.	31.6%	n.a.	72.0%
Child's lack of experience	35.3%	7.3%	70.1%	n.a.	37.5%	n.a.	27.3%	n.a.	66.6%
Timing of children's sessions	34.1%	33.4%	35.1%	n.a.	30.6%	n.a.	38.4%	n.a.	10.9%
Availability of children's sessions	32.4%	30.3%	35.1%	n.a.	29.4%	n.a.	37.7%	n.a.	5.4%
Child's lack of motivation	31.3%	28.3%	35.1%	n.a.	33.3%	n.a.	35.1%	n.a.	21.4%
Lack of time	28.9%	42.2%	12.4%	n.a.	30.8%	n.a.	32.3%	n.a.	14.4%
Lack of sport clubs for children	14.4%	19.0%	8.7%	n.a.	10.3%	n.a.	16.8%	n.a.	5.4%
Child's lack of understanding of why exercise is important	13.5%	3.1%	26.4%	n.a.	14.3%	n.a.	15.6%	n.a.	0.0%
Child health issues	12.8%	2.0%	26.4%	n.a.	13.7%	n.a.	1.3%	n.a.	57.6%
Lack of facilities near me	11.4%	6.6%	17.4%	n.a.	12.1%	n.a.	13.3%	n.a.	0.0%
Childcare or caring issues	7.0%	12.6%	0.0%	n.a.	7.4%	n.a.	8.1%	n.a.	5.4%
Lack of school sport provision	6.8%	5.3%	8.7%	n.a.	7.2%	n.a.	7.9%	n.a.	9.0%
Local facilities do not feel welcoming to families/children	5.7%	3.3%	8.7%	n.a.	6.1%	n.a.	6.6%	n.a.	5.4%
Lack of transport	4.7%	8.4%	0.0%	n.a.	5.0%	n.a.	4.1%	n.a.	5.4%
Other	4.6%	1.3%	8.7%	n.a.	4.9%	n.a.	5.3%	n.a.	0.0%
I don't face any barriers	3.5%	6.3%	0.0%	n.a.	3.1%	n.a.	4.1%	n.a.	10.1%
Concerns about Covid19	1.8%	3.3%	0.0%	n.a.	1.9%	n.a.	2.1%	n.a.	0.0%
Child safety issues	1.4%	2.6%	0.0%	n.a.	1.5%	n.a.	1.7%	n.a.	3.5%
Lack of facilities with access for disabled children	1.1%	2.0%	0.0%	n.a.	1.2%	n.a.	1.3%	n.a.	5.4%

Note. n.a. due to a low sub-sample sizes (age groups: 16-29(n=1), 65+(n=2); ethnically diverse(n=3))

APPENDIX A: WEIGHTED FREQUENCY DISTRIBUTION – MAIN QUESTIONS

		Count	Column Valid N %
Q1: Are you...?	Female	117	50.3%
	Male	116	49.7%
	Total	233	100.0%

		Count	Column Valid N %
Q2: Please state your age	16-24	10	4.1%
	25-34	50	21.7%
	35-44	44	19.0%
	45-54	36	15.5%
	55-64	38	16.4%
	65-74	37	15.8%
	75+	18	7.6%
	Total	233	100.0%

		Count	Column Valid N %
Q3: What is your ethnicity?	English/Welsh/Scottish/Northern Irish or British	210	89.9%
	Indian	7	3.1%
	Irish	5	1.9%
	Chinese	3	1.5%
	White and Asian	3	1.3%
	Any other Black/Black British or Caribbean background	2	1.0%
	Any other white background	1	0.6%
	Other	1	0.4%
	White and Black Caribbean	0	0.2%
	Gypsy or Irish Traveller	0	0.2%
	Total	233	100.0%

		Count	Column Valid N %
Q4: Index of multiple deprivation (IMD) decile based on respondents' postcodes	9	35	18.3%
	6	35	18.1%
	7	33	17.2%
	8	26	13.6%
	10	21	10.9%
	5	20	10.3%
	3	12	6.0%
	4	10	5.4%
	2	0	0.2%
	Total	191	100.0%

		Count	Column Valid N %
Q5: What is your current working status? Please select your main status	Working full-time	111	47.8%
	Not working – retired	55	23.4%
	Working part-time	33	13.9%
	Student – in full-time education studying for a recognised qualification	16	7.0%
	Other	9	3.8%
	Not working – looking after house/children	5	2.2%
	Not working – long term sick or disabled	3	1.2%
	Unemployed (long term) – more than 12 months	1	0.4%
	Unemployed – less than 12 months	1	0.3%
	Total	233	100.0%

		Count	Column Valid N %
Q6: How is your health in general?	Good	136	58.2%
	Very good	60	25.8%
	Fair	26	11.3%
	Bad	11	4.8%
	Total	233	100.0%

		Count	Column Valid N %
Q7: Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?	No	168	72.0%
	Yes	59	25.4%
	Prefer not to say	6	2.6%
	Total	233	100.0%

		Count	Column Valid N %
Q8: Do any of your conditions or illnesses reduce your ability to carry out day to day activities?	Yes, a little	23	38.2%
	Not at all	22	37.4%
	Yes, a lot	14	23.3%
	Prefer not to say	1	1.1%
	Total	60	100.0%

		Count	Column Valid N %
Q9: Please tick the box(es) below that best describe your impairment(s).	Long-term illness or health (e.g. cancer/HIV/diabetes/chronic heart disease/arthritis/chronic asthma)	41	68.1%
	Mental ill health (e.g. depression/anxiety/bipolar disorders/schizophrenia)	16	26.0%
	Mobility or physical (e.g. walking/dexterity)	15	25.9%
	Other	3	4.8%
	Prefer not to say	3	4.7%
	Hearing (e.g. mild to profound deafness)	3	4.7%
	Developmental (e.g. dyslexia)	1	2.3%
	Autistic Spectrum Disorders or Attention Deficit Disorders or Attention Deficit Hyperactive Disorders	1	2.1%
	Impaired memory/concentration or ability to understand (e.g. head injury/stroke/dementia)	1	1.3%
	Communication (e.g. impaired speech)	1	1.1%
	Learning (e.g. mild to profound learning disability)	0	0.6%
	Total	60	100.0%

		Count	Column Valid N
			%
Q10: In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?	2	40	17.1%
	5	38	16.5%
	4	36	15.5%
	3	36	15.4%
	6	30	12.8%
	7	26	11.2%
	0	20	8.6%
	1	7	2.9%
	Total	233	100.0%

		Count	Column Valid N
			%
Q11a: I know the recommended guidelines for physical activity	Agree	104	48.6%
	Strongly agree	83	38.8%
	Disagree	20	9.3%
	Strongly disagree	7	3.3%
	Total	213	100.0%

		Count	Column Valid N
			%
Q11b: I understand the benefits of physical activity	Strongly agree	158	67.6%
	Agree	75	32.4%
	Disagree	0	0.0%
	Strongly disagree	0	0.0%
	Total	233	100.0%

		Count	Column Valid N
			%
Q11c: I am physically capable of being active	Strongly agree	140	60.9%
	Agree	76	33.2%
	Disagree	9	4.0%
	Strongly disagree	4	1.9%
	Total	230	100.0%

		Count	Column Valid N %
Q11d: I have the necessary sporting skills to be active	Strongly agree	104	46.4%
	Agree	87	38.8%
	Disagree	27	12.1%
	Strongly disagree	6	2.6%
	Total	225	100.0%

		Count	Column Valid N %
Q11e: I have enough time to be active	Agree	116	50.4%
	Strongly agree	73	31.9%
	Disagree	32	14.1%
	Strongly disagree	8	3.6%
	Total	229	100.0%

		Count	Column Valid N %
Q11f: I have the necessary resources to be active (e.g. money and equipment)	Agree	129	56.2%
	Strongly agree	53	23.1%
	Disagree	30	13.2%
	Strongly disagree	17	7.4%
	Total	230	100.0%

		Count	Column Valid N %
Q11g: I have the social support I need to be active (e.g. support from family or someone to take part with)	Agree	123	54.8%
	Strongly agree	65	29.1%
	Disagree	28	12.6%
	Strongly disagree	8	3.5%
	Total	224	100.0%

		Count	Column Valid N %
Q11h: I find sport or physical activity enjoyable and satisfying	Agree	109	47.2%
	Strongly agree	108	46.7%
	Disagree	10	4.4%
	Strongly disagree	4	1.8%
	Total	232	100.0%

		Count	Column Valid N %
Q11i: It's important to me to do sport or physical activity regularly	Strongly agree	133	57.5%
	Agree	84	36.3%
	Disagree	8	3.5%
	Strongly disagree	6	2.8%
	Total	231	100.0%

		Count	Column Valid N %
Q11j: I feel guilty when I don't do any sport or physical activity	Agree	83	36.2%
	Strongly agree	78	34.4%
	Disagree	60	26.2%
	Strongly disagree	7	3.2%
	Total	228	100.0%

		Count	Column Valid N %
Q11k: I want to be active	Strongly agree	141	61.1%
	Agree	80	34.7%
	Disagree	10	4.2%
	Strongly disagree	0	0.0%
	Total	230	100.0%

		Count	Column Valid N %
Q11: Being active is part of my routine	Agree	113	49.0%
	Strongly agree	80	34.7%
	Disagree	32	14.0%
	Strongly disagree	6	2.4%
	Total	232	100.0%

		Count	Column Valid N %
Q12: Why do you do sport or physical activities	Improving/managing my physical health	195	83.9%
	Improving/managing my mental health	158	68.0%
	Fun	129	55.2%
	Social aspects/meeting people	121	52.1%
	To lose weight	104	44.5%
	To get out of the house	101	43.1%
	Improve my appearance	96	41.4%
	Time alone/by myself	81	34.7%
	To develop skills	41	17.4%
	Role model to my children	40	17.1%
	To be a part of a team	34	14.4%
	Recovery from injury or surgery	34	14.4%
	I do not do any sport or physical activity	9	3.9%
	Travel	5	2.1%
	GP referral	4	1.8%
	Other	4	1.6%
Total	233	100.0%	

		Count	Column Valid N %
Q13: How do you prefer to get active? Please select all that apply	Alone	148	63.7%
	I am not currently active	9	3.7%
	In a sporting group (e.g. club or team)	92	39.4%
	Other	4	1.9%
	With a personal trainer/coach	45	19.1%
	With family	56	24.1%
	With friends	117	50.1%
	Total	233	100.0%

		Count	Column Valid N %
Q14: Do you want to be more physically active than you are now?	Yes	144	61.6%
	No	65	28.0%
	I am not sure	24	10.4%
	Total	233	100.0%

		Count	Column Valid N %
Q15: In which of the following areas would you like to see increases in your personal physical activity	Indoor Leisure – e.g. dance/fitness/active play/gym/swimming/group exercise classes	165	76.4%
	Outdoor Leisure – e.g. walking/cycling/running/wheeling/using green and open spaces/outdoor fitness	115	53.4%
	Travel - walking/cycling/running/wheeling	76	35.3%
	Sport - informal/non-competitive	42	19.4%
	Organised sport - structured competitive activity at clubs or schools	39	17.9%
	Total	216	100.0%

		Count	Column Valid N %
Q16: Are there any specific sports or activities you would like to do, or do more?	Fitness or gym	104	49.2%
	Swimming	77	36.2%
	Yoga	53	25.1%
	Walking	44	21.0%
	Cycling	36	17.1%
	Running	32	15.1%
	Climbing	32	15.0%
	Weightlifting	30	14.2%
	Aerobics	30	14.0%
	Parkrun	29	13.9%
	Badminton	29	13.7%
	Boxing	25	11.6%
	Football	24	11.2%
	Dance	22	10.6%
	Other	22	10.5%
	Table tennis	17	8.0%
	Skiing	17	8.0%
	Zumba	16	7.5%
	Squash	14	6.7%
	Tennis	14	6.6%
	Martial arts	13	6.1%
	Athletics	13	5.9%
	Ice skating	12	5.7%
	Rowing	11	5.3%
	Cricket	11	5.2%
	Basketball	11	5.2%
	Watersports	11	5.0%
	Parkour	10	4.8%
	Rugby union	9	4.1%
	Triathlon	9	4.0%
	Volleyball	8	3.8%
	Bowls	7	3.1%
	Netball	6	3.0%
Sailing	4	1.9%	
Golf	4	1.7%	
Hockey	3	1.6%	
Wheeling	0	0.2%	
Total	212	100.0%	

		Count	Column Valid N %
Q17: Are there any sessions you would like to do?	Sessions for women and girls	50	40.1%
	Sessions for older people	49	38.7%
	Sessions for people with a specific health condition	31	25.0%
	Sessions for parents and toddlers	21	17.0%
	Other	16	12.5%
	Sessions for disabled people	7	5.8%
	Sessions for young people	3	2.7%
	Sessions for students	3	2.5%
	Sessions for the LGBTQ+ communities	1	1.1%
Total	126	100.0%	

		Count	Column Valid N %
Q18: What else would encourage you to be more active than you are?	Timing of sessions	121	55.4%
	Availability of sessions	110	50.6%
	Something to motivate me	58	26.6%
	More confidence to take part	48	21.9%
	Location of service sites	37	17.1%
	Someone to attend with	34	15.6%
	Other	28	13.0%
	Childcare provision	25	11.5%
	None of the above	21	9.8%
	Safer facilities	3	1.2%
	Improved Covid19 measures in place	1	0.7%
Total	218	100.0%	

		Count	Column Valid N %
Q19: Which of the following sport & leisure centres have you used to do a physical activity before?		93	39.8%
		63	27.0%
		45	19.2%
		37	15.9%
		31	13.3%
		25	10.8%
		22	9.3%
	Total	233	100.0%

		Count	Column Valid N %
Q20: How recently and regularly have you used these sports and leisure centres?	I currently use the above listed sport & leisure centre/s for physical activity on a regular basis (e.g. once week)	145	62.5%
	I have used them in the past three months but not on a regular basis	26	11.0%
	I have never used the above listed Council-provided sport & leisure centres for physical activities	21	9.1%
	I used them before April 2020 (pre-COVID 19 pandemic)	21	8.9%
	I have used them but not in the past three months	17	7.1%
	I am not sure	3	1.3%
	Total	232	100.0%

		Count	Column Valid N %
Q21: Why do you not use a sport & leisure centre to do a physical activity on a regular basis?	Non-availability of activities at a convenient time	61	26.3%
	I have been doing activity outside of the leisure centre	45	19.4%
	I am too tired/I do not have enough energy	45	19.2%
	Not enough time - work related	43	18.6%
	It is too expensive	32	13.7%
	Not enough time - family related	32	13.5%
	Other	25	10.7%
	I do not feel the environment is welcoming	23	9.8%
	I do not know how to use the equipment	20	8.5%
	I have health problems or illnesses	19	8.3%
	I have been going to another leisure centre	13	5.6%
	Transport issues	5	2.0%
	I do not want to risk contracting Covid-19	4	1.6%
	Most people I know do not use it	4	1.5%
	I am not aware of the sport & leisure centres in my local area	4	1.5%
	Don't know	1	0.3%
	Total	233	100.0%

		Count	Column Valid N %
Q22: Would you consider trying out/having physical activities at your local leisure centre in the near future, if you are offered: Please select one option	Discounted prices – on basis of local residents/corporate membership/work discount/family membership	75	40.0%
	No obligation free taster sessions	56	29.7%
	Other	27	14.5%
	Exclusive sessions for a specific group (e.g. elderly/disabled/LGBTQ+...)	18	9.8%
	Discounted prices – for disadvantaged reasons such as students; disability single parents/unemployment etc.	11	6.0%
	Total	187	100.0%

		Count	Column Valid N %
Q23a: I am aware of the sport and leisure facilities in my local area	Agree	119	51.3%
	Strongly agree	97	42.0%
	Disagree	10	4.3%
	Strongly disagree	6	2.5%
	Total	232	100.0%

		Count	Column Valid N %
Q23b: I know what activities are offered by these sport and leisure centres in my local area	Agree	114	51.1%
	Strongly agree	73	32.7%
	Disagree	22	10.0%
	Strongly disagree	14	6.3%
	Total	224	100.0%

		Count	Column Valid N %
Q23c: In the next three months I intend to exercise at least once a week at the leisure centre	Strongly agree	125	59.1%
	Agree	38	17.9%
	Disagree	30	14.3%
	Strongly disagree	18	8.7%
	Total	212	100.0%

		Count	Column Valid N %
Q23d: I intend to exercise more often at the leisure centre than in more informal settings (e.g. at home/in the park etc.)	Agree	69	34.9%
	Strongly agree	64	32.4%
	Strongly disagree	33	16.6%
	Disagree	32	16.2%
	Total	198	100.0%

		Count	Column Valid N %
Q23e: The leisure centre does not play a significant role in the lifestyle I want to live	Disagree	77	38.1%
	Agree	57	28.4%
	Strongly disagree	56	27.9%
	Strongly agree	11	5.6%
	Total	202	100.0%

		Count	Column Valid N %
Q24: How would you rate the local authority owned sport and leisure facilities in [REDACTED]	Good	78	33.8%
	Okay	50	21.6%
	Very good	43	18.8%
	I do not use any of the local authority owned facilities in [REDACTED]	24	10.5%
	Poor	23	9.9%
	Very poor	9	3.9%
	No opinion	4	1.6%
	Total	230	100.0%

		Count	Column Valid N %
Q25: What is important to you when choosing an indoor sport and leisure facility to use?	Price/Affordability	142	62.7%
	Facilities on offer	116	51.1%
	Membership offers	110	48.6%
	Parking	92	40.6%
	Location	63	27.6%
	Other	27	11.8%
	Child friendly	21	9.1%
	Links to existing clubs	17	7.3%
	None of the above	16	7.2%
	Transport link	7	3.1%
	Disabled access	5	2.3%
	Total	227	100.0%

		Count	Column Valid N %
Q26: What type of things would you like to see us invest in at indoor sport and leisure facilities?	Swimming pool	103	46.3%
	Gym	73	32.8%
	Indoor climbing	46	20.7%
	Reducing the carbon footprint of our facilities	39	17.3%
	Large sports hall	36	16.3%
	Activity studios	35	15.6%
	Provision of outdoor areas in addition to indoor provision	34	15.2%
	Other	30	13.3%
	Community hubs/activities	28	12.6%
	Multipurpose space	27	12.2%
	Cafe	25	11.3%
	Children's soft play	18	7.9%
	Family activity zone	16	7.3%
	None of the above	16	7.3%
	Artificial sports pitch	8	3.5%
Community hall	3	1.4%	
Total	223	100.0%	

		Count	Column Valid N %
Q27: Which of the following places do you use to get active outdoors?	Parks and green spaces	157	70.3%
	Roads and streets	115	51.3%
	Woodlands	105	47.1%
	National Parks/Areas of Outstanding Natural Beauty	100	44.8%
	Your garden	92	41.3%
	Rivers/canals/watercourses	52	23.3%
	Sport/leisure centre (e.g. football pitches/athletics track/bowls green/tennis courts etc)	39	17.6%
	Other	21	9.2%
	Outdoor sports pitches/courts/lawns	14	6.2%
	Gold course	6	2.7%
	Reservoirs	6	2.5%
	Total	224	100.0%

		Count	Column Valid N %
Q28a: I have easy access to a green space/park	Strongly agree	107	47.5%
	Agree	104	46.1%
	Disagree	14	6.0%
	Strongly disagree	1	0.3%
	Total	226	100.0%

		Count	Column Valid N %
Q28b: There are green spaces/parks near where I live	Agree	108	47.3%
	Strongly agree	108	47.3%
	Disagree	11	4.9%
	Strongly disagree	1	0.4%
	Total	228	100.0%

		Count	Column Valid N %
Q28c: I feel safe when using the green spaces or parks near where I live	Agree	115	54.1%
	Strongly agree	80	37.6%
	Disagree	17	8.1%
	Strongly disagree	0	0.2%
	Total	212	100.0%

		Count	Column Valid N %
Q28d: I know where to find information on green spaces/parks in my local area	Agree	104	47.3%
	Strongly agree	65	29.5%
	Disagree	40	18.3%
	Strongly disagree	11	4.8%
	Total	220	100.0%

		Count	Column Valid N %
Q29: What would encourage you to use the outdoors for sport and physical activity more?	More information about activities outdoor	88	38.8%
	Improved lighting in parks or open spaces in local community areas	77	34.3%
	Reducing crime and antisocial behaviour	77	33.9%
	Improving the maintenance of outdoor recreational spaces	67	29.8%
	Improving access and footpath routes for walking/cycling and wheeling	55	24.5%
	Increasing the range of activities on offer outdoors	48	21.4%
	Making outdoor spaces more inclusive	44	19.6%
	Improving the safety of outdoor spaces	42	18.8%
	Better availability or timing of outdoor activities	38	16.7%
	Improving the car parking facilities	30	13.3%
	None of the above	29	12.7%
	Improving the cycle storage facilities	22	9.9%
	Other	22	9.7%
	Improving site safety	17	7.5%
	Improving the access by public transport	17	7.4%
	Improving the facilities for the type of activity/sport I am interested in	16	7.2%
Improving the offer for those with specific needs	5	2.2%	
Total	225	100.0%	

		Count	Column Valid N %
Q30a: (Considering the past four weeks) In an average week, how often do you walk for travel purposes (e.g. to and from work, school or local shops)? (days)	0	52	22.6%
	7	47	20.2%
	5	29	12.5%
	2	26	11.5%
	4	26	11.4%
	1	22	9.6%
	3	21	9.0%
	6	7	3.2%
	Total	231	100.0%

		Count	Column Valid N %
Q30b: (Considering the past four weeks) In an average week, how often do you cycle for travel purposes (e.g. to and from work, school or local shops)? (days)	0	155	75.9%
	1	14	6.8%
	3	10	4.9%
	2	9	4.3%
	5	8	4.0%
	4	7	3.2%
	6	1	0.5%
	7	1	0.5%
	Total	204	100.0%

		Count	Column Valid N %
Q30a: On an average day, how much time in minutes do you spend walking?	31 to 60 minutes	45	26.4%
	21 to 30 minutes	40	23.4%
	11 to 20 minutes	33	19.6%
	more than 120 minutes	20	12.1%
	91 -120 minutes	15	8.8%
	61-90 minutes	10	5.7%
	up to 10 minutes	7	4.1%
	Total	169	100.0%

		Count	Column Valid N %
Q30b: On an average day, how much time in minutes do you spend cycling?	31 to 60 minutes	14	27.6%
	21 to 30 minutes	14	27.0%
	more than 120 minutes	8	16.0%
	11 to 20 minutes	6	12.7%
	up to 10 minutes	4	8.0%
	91 -120 minutes	3	6.8%
	61-90 minutes	1	1.9%
	Total	50	100.0%

		Count	Column Valid N %
Q31: Is there anything that would encourage you to travel by walking or cycling or wheeling or other active means instead of by vehicle or, if you already travel actively, is there anything that would support you to do this more often?	Walkers/cyclists and wheelers separated from traffic	82	47.2%
	More direct routes	70	40.5%
	Improved safety features/feeling safer	68	39.3%
	Better facilities to support active travel (secure cycle parking/changing/showers)	56	32.5%
	Prioritising walkers/cyclists and wheelers at junctions	38	21.9%
	Support for accessing/buying a bike	31	17.8%
	Cycle maintenance sessions	29	16.7%
	Other	18	10.3%
	Learn to cycle sessions	12	7.1%
Total	173	100.0%	

		Count	Column Valid N %
Q32: Are you responsible for children under 16?	No	175	75.0%
	Yes, as a parent or guardian	55	23.6%
	Yes, through my work	3	1.4%
	Total	233	100.0%

	Count	Column Valid N %
Q33: What barriers, if any, do you face getting the children you are responsible for active?	Lack of money	28 49.1%
	Lack of information on how and where to get them active	26 45.6%
	Child's lack of confidence	23 40.0%
	Child's lack of experience	20 35.3%
	Timing of children's sessions	20 34.1%
	Availability of children's sessions	19 32.4%
	Child's lack of motivation	18 31.3%
	Lack of time	17 28.9%
	Lack of sport clubs for children	8 14.4%
	Child's lack of understanding of why exercise is important	8 13.5%
	Child health issues	7 12.8%
	Lack of facilities near me	7 11.4%
	Childcare or caring issues	4 7.0%
	Lack of school sport provision	4 6.8%
	Local facilities do not feel welcoming to families/children	3 5.7%
	Lack of transport	3 4.7%
	Other	3 4.6%
	I don't face any barriers	2 3.5%
	Concerns about Covid19	1 1.8%
	Child safety issues	1 1.4%
Lack of facilities with access for disabled children	1 1.1%	
Total	58 100.0%	

APPENDIX B: WEIGHTED FREQUENCY DISTRIBUTION - BESPOKE QUESTIONS

		Count	Column Valid N %
X1. A range of physical activity opportunities take place away from a leisure centre or gym and are based with our communities. How interested are you in participating in local community based physical activity initiatives designed to promote better wellbeing rather than in a leisure centre?	Quite interested	106	45.8%
	Not interested	76	32.8%
	Very interested	49	21.1%
	Other	1	0.3%
	Total	233	100.0%

		Count	Column Valid N %
X2. How strongly or otherwise do you agree with the statement 'Being more physically active in my journey to work does/would enhance my productivity at work' On a scale of 0-10, with 0 being not at all and 10 being strongly agree	0	25	13.3%
	1	5	2.4%
	2	3	1.6%
	3	6	3.2%
	4	11	5.8%
	5	9	5.0%
	6	19	9.8%
	7	39	20.7%
	8	13	7.0%
	9	4	2.2%
	10	36	19.2%
	n/a	19	9.8%
	Total	190	100.0%

		Count	Column Valid N %
X3. To what extent would you find it helpful to have health and leisure facilities/service located in the same place such as in a wellbeing hub?	Quite helpful	120	52.6%
	Very helpful	67	29.4%
	Not helpful	36	15.6%
	Other	6	2.5%
	Total	228	100.0%