



Glasgowlife
Sport

**Improving
Community Wellbeing
through Physical Activity,
Movement and Sport**



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Introduction



Sport and physical activity stands out as a powerful and transformative tool in the pursuit of health equity. Its impact extends far beyond the benefit of fitness and aesthetics. Taking part in regular activity has been linked to numerous physical, mental, and social benefits that can help tackle health inequality.

First and foremost, sport and physical activity serves as a preventive measure against chronic diseases, which often strike our most disadvantaged populations the hardest. Physical inactivity is the fourth leading cause of early death and a key risk factor for non-communicable diseases (NCDs), including cardiovascular diseases, cancer and diabetes. By increasing cardiovascular fitness, sport and physical activity becomes a powerful ally in the fight against these preventable diseases.

Furthermore, physical activity plays a vital role in promoting mental wellbeing. It has been extensively documented that regular exercise can reduce the risk of depression, anxiety, and stress-related disorders. By addressing the mental health burden that disproportionately affects some of our communities, physical activity becomes a stepping-stone towards health equity.

In addition to its direct, well evidenced health benefits, physical activity fosters social connectedness and community engagement. Participation in sports, fitness classes, walking or group activities brings people together and nurtures a sense of belonging, empowerment, and social support. For many individuals and communities, these social benefits can be transformative, providing a platform for individuals to take charge of their health

and wellbeing, gain a sense of control and thrive in their day to day lives.

However, we recognise that in order to realise the full potential of sport and physical activity in improving the health and wellbeing of our local communities, that it requires collective action. If health is everyone's business, then the same is true for sport and physical activity. In order to play our role in helping to tackle health inequality, the city's greatest challenge, we must work in partnership with our colleagues in Glasgow City Council, NHS Greater Glasgow and Clyde, Glasgow HSCP, GCC Education Services, SportScotland and community organisations among others, to create opportunities and environments that facilitate and encourage active lifestyles. This includes providing resources and support for community-based initiatives as part of a place-based approach.

We must also foster a culture that values and celebrates sport and physical activity as a fundamental component of health and wellbeing. This document has been created to do just that. In the midst of the most financially challenging period we have ever faced as an organisation, we want to take a moment to pause and celebrate just some of the work that our dedicated Glasgow Life sport and physical activity workforce have been leading and supporting over the last 18 months as we continue to recover and adapt from the pandemic.

Importantly, we also want to celebrate and reflect on the benefits of working with our partners and stakeholders and the positive impact this collaboration has had and continues to have on our local communities.

We absolutely believe in the transformative power of sport and physical activity. In this challenging financial landscape, it becomes even more vital that we build stronger, more collaborative relationships with our local and national partners to create environments that enable participation and continue to dismantle the barriers that perpetuate health inequalities, paving the way for a healthier and more active future for all Glasgow citizens.

Active Health

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

UK CHIEF MEDICAL OFFICERS, 2019

One in three adults live with a long-term health condition and are twice as likely to be amongst the least physically active (Gov.uk, 2020). Regular physical activity can help prevent and manage many conditions, some of which are on the rise and affecting people at an earlier age, such as dementia, some cancers, type 2 diabetes, cardiovascular disease including coronary heart disease and stroke, hypertension, mental health conditions and COPD.

Glasgow Life Sport work closely with our partners in NHS Greater Glasgow and Clyde and Glasgow City Health and Social Care Partnership as well as a range of local and national organisations to deliver programmes and activities that support individuals who would benefit most from becoming active.



Live Active

The Live Active Exercise Referral Programme has been delivered by Glasgow Life Sport in partnership with NHS Greater and Clyde for over 25 years. The programme is open to people who are currently inactive and living with, or at risk of, a range of long-term conditions. GPs and health professionals can refer patients who would benefit from being more physically active but need significant support to do so.

Highly qualified advisors offer every referred patient the opportunity of a 1:1 session to discuss their condition, explore their individual needs and goals and work together to create a safe and effective physical activity plan. Depending on the individual's medical condition and preference, activities could include specialist sessions such as Supervised Gym Sessions and Vitality long term condition classes, mainstream activities such as

Swimming, Easy Exercise and Yoga or sociable activities such as Health Walks or Walking Football.

We also support people to access online classes to work out from home or try classes delivered by the local Community Sports Hub. Participants then receive ongoing tailored behaviour change support and are

provided with advice, knowledge and tools to help build the confidence needed to increase their physical activity levels.

To hear more about the programme and impact it has on those referred, watch the Good Move: Your Guide to Live Active video [here](#).



LIVE ACTIVE 22/23



3,336
Referrals



10,574
Total number
of behaviour
change
appointments
completed



2,061
Specialist
Gym session
attendances



2,159
Live Active
health walk
attendances

"I suffer from Long Covid with one of my symptoms being fatigue, which is physically and mentally exhausting making it difficult for me to keep to any kind of routine. Whilst the pain in my muscles and joints at times are unbearable, I found the Live Active programme to be a lifeline. This has played a crucial part in my rehabilitation as it has given me something to aim for each week to challenge and aid my recovery. It was Gary's (Live Active Advisor) understanding this type of condition that encouraged me to continue with this group. I feel it is a rare quality in a person to allow each and every one of us to go at our own pace as there is a lot of anxiety attached to our recovery, this in turn provides us with the confidence to move forward and progress in our own health and wellbeing. Access to this programme and Gary's expertise and support at one of the most vulnerable times in my life has provided me with the opportunity to flourish once again."

Live Active Participant, Tollcross

Vitality

Vitality classes are specially designed for people living with a range of medical or long-term conditions, have had a fall or are at risk of falling, or who find that a lack of strength and balance is impacting on daily life.

The programme, which has four different levels of class, has been designed in partnership with NHS rehab physios to ensure individuals with various medical conditions can have their individual needs met in a safe and effective community class setting. Supportive and highly qualified Level 4 instructors work closely with participants to enable them to work at a level that is suitable for their ability and support them to gain confidence in managing their condition while being active.



Whilst most Vitality classes are delivered in leisure venues, the lowest level Strength and Balance classes aimed at our frailest participants are delivered in community venues across Glasgow.

This ensures that these classes are placed in communities where need is greatest.

CASE STUDY
Live Active:
Linda



Linda, 60, was referred after developing Guillain-Barré syndrome which affected her mobility leaving her struggling to walk short distances. With the support of her Live Active Advisor she regularly attends Vitality Strength and Balance chair based classes and has recently progressed on to Vitality circuit based classes.

“Since joining the Live Active programme last year and taking part in Vitality classes I have been surprised at the improvement in my balance, strength and stamina. My mobility was very poor and I needed elbow crutches to help with my balance when out walking and any distance was very challenging. Now thanks to Vitality, the programme at the gym and the weekly walking group I am much more confident and can walk short distances unaided. I’m so pleased with my progress and how this has transferred into my everyday life. It means that I can confidently make bus journeys to meet friends, go shopping and have even been able to get back to supporting my football team.”



“I attend two Strength and Balance classes a week in Bridgeton and Castlemilk and really feel a difference in my balance, especially when standing in the bathroom getting washed and having a shave in the morning.”

John, Vitality Participant

Health Walks

Glasgow Life Sport work in partnership with NHSGGC and Paths For All to deliver the largest Health Walk network in Scotland. Health Walks are free, last around an hour, are sociable and often take in a park or greenspace along the way. They are led by trained volunteers who are there to welcome walkers and manage the pace to suit participants. They are a great way to get a little more active, socialise and enjoy nature in the company and safety of others.



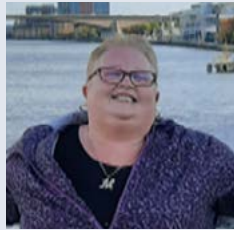
Over 50 walks per week are delivered across Glasgow, either directly by Glasgow Life Sport volunteers or by community organisations we have trained and supported.

To hear our participants talking about the benefits of health walks watch the Good Move: Your Guide to Health Walks video [here](#).

Paths for All

“Paths for All have worked with Glasgow Life Sport for over 10 years. During that time the programme has become one of the most successful, thriving and well managed walking for health programmes in Scotland. 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.”

CASE STUDY
Margaret @
Tollcross



Margaret, 64, has been a Health Walker at the Tollcross Park Walk for the last 4 years as she wanted to meet like-minded people with similar goals of getting fitter, losing weight and making new friends.

“The benefits of taking part in the walks have exceeded my expectations. The walks have vastly improved my mood, increased my fitness levels which then helps me greatly in everyday tasks, has assisted me in reducing my weight and more importantly gave me opportunities to socialise with other like-minded people.

The walks give structure to my week, and I always look forward to the days I get out to see my fellow walkers. The many health benefits from walking have given me confidence and I’ve now lost nearly 4 stone in weight which has greatly improved my motivation to keep going with this healthy lifestyle.”

WALKING PROGRAMME 22/23



"Walking Football was something I'd never tried before. I certainly found it beneficial, it's good for my movement and balance, not to mention the social benefits of playing in a team sport which can't be underestimated."

Brian, Parkinsons Walking Football Participant

Walking Football – Condition Specific

Glasgow Life Sport has recently established Dementia and Parkinson's Walking Football Programmes. Core physical weekly workouts are crucial for people living with either of these conditions and our programmes have grown with the support of The McLay

Dementia Trust, Parkinson's UK, Celtic FC Foundation and local Glasgow Care Homes. The sessions are designed specifically to help participants manage physical symptoms and other symptoms such as sleep problems, fatigue, low mood

and mental health. Dementia sessions specifically include a football memories programme with participants given the opportunity to reminisce about theirs and others footballing memories over refreshments.

Parkinson's and Dementia Walking Football

"I absolutely love it. I cannot recommend it enough to patients I come across who have Parkinsons. A patient told me it had changed his life. From a physio point of view, it gets everyone involved, is the right intensity and that's exactly what we want."

Lois Rosenthal, NHS Physiotherapist

Watch our sessions in action [here](#).



Live Well Community Referral Programme

The Live Well Community Referral programme offers support to those who may need some additional assistance in accessing local cultural, social and physical activities to improve their health and wellbeing. A team of friendly wellbeing advisors are based in the local community to support those furthest from accessing Culture and Sport Services, by directing or connecting them to activities or working on a one-to-one basis for up to 12 weeks, to guide them to the right support.

The service is currently being piloted across several communities in the East of Glasgow, including Parkhead, Dalmarnock, Bridgeton, Camlachie, Shettleston and Tollcross.

Glasgow Life Sport are working closely with colleagues in Live Well to deliver sport and physical activities, or support local organisations to deliver activity, where participants tell us there are gaps and need.

Our Live Well colleagues told us that individuals in Parkhead and Bridgeton wanted to be active but were nervous and did not want to participate in a leisure setting. We responded by developing and delivering a 10 week 'Healthy Body, Healthy Mind' programme.



Tailored Programme Development

Through some local engagement work in the East of the city, the Live Well Community Referral team identified that physical activity was important to local people in being able to manage their health but they did not have the confidence to attend a class in a leisure venue. Glasgow Life Sport responded to this by developing a 'Healthy Body, Healthy Mind' 10-week programme to be delivered in partnership with 2 community venues where local people already felt comfortable engaging in services.

This programme was designed with the aim of giving people a positive experience of exercise in order to build confidence to participate in wider activities beyond the 10 weeks. Different activities that could cater for a range of physical abilities were delivered including circuits, gentle movement, walking and chair yoga. Sessions also included options to visit the leisure venue as a group and useful information around sleep, stress, mindfulness and breathing as well as an opportunity to find and discuss further local activities that could be attended after the programme.



"I am a single mum and had just recently moved to the Tollcross area, so have been trying to find some things to do locally. So far, I have attended Arts and Crafts, lunch club, Woman's Blether group, Healthy Body, Healthy Mind, Chair Yoga and Health Walk groups. These activities mainly help my mental health because I am getting out most days, meeting people and socialising more instead of being stuck in the house with too much time to think about stuff.

I am also feeling fitter, I am losing weight and have more energy. I think Live Well Community Referral is a fantastic service. I wouldn't have known about any of the exercise activities or clubs I now attend. Now, I have an activity schedule that fills up my week and keeps me busy."

Veronica, Community Referral Participant

Thistle Foundation

Glasgow Life Sport are currently working with Thistle Foundation as early adopters on the Scottish Government "Once For Scotland" organisational development programme to train 18 members of our Live Active and Live Well teams in 'Good Conversations'. The aim of this work is to make non-specialist rehabilitation more accessible to people across Scotland. This practice-based course which focuses on embedding a personal outcomes approach aims to build practitioners' confidence in holding outcomes focused conversations across a range of common and difficult situations. The training allows practitioners to harness the role of the person, their strengths, social networks and community supports with a particular focus on supporting people living with complex and challenged lives.

The teams are also being trained by Thistle to become qualified Lifestyle Management Trainers and will be rolling Lifestyle Management courses out across the city where there is identified need.

Furthermore, a number of Glasgow Life Sport Development staff are being trained as "Train the Trainers" in Good Conversations and Lifestyle Management which will allow us to roll this training out across the organisation as our programmes evolve.

We would like to take this opportunity to thank the Thistle Foundation for their support and look forward to future collaboration!



Active Communities

Sport and physical activity has the power to bring people together from diverse backgrounds, foster a sense of community, social cohesion and allows individuals to build relationships and strengthen community bonds.

Glasgow Life Sport supports community sports clubs and organisations to deliver sustainable sport and physical activities that reflect the needs of their local community. Whilst we support many traditional sports clubs, we have an increased focus on working with clubs and organisations who are committed to developing their communities and want to use sport and physical activity as a vehicle for supporting a range of local health and social issues.



Community Sport Hubs

Glasgow's Community Sport Hub (CSH) programme aims to change lives through building active communities. CSHs are places where sport clubs, physical activity groups and local organisations and other partners come together to promote getting active. These can be within specific areas of the city, sport facilities or even single organisations delivering multiple opportunities.

Working in partnership with Sportscotland, Glasgow Life Sport provides dedicated Development Officer support to 18 CSH's. We are able to support CSH's with a range of knowledge and expertise and financial support to help CSH's to plan and be organised, understand the needs of the community, upskill volunteers and to develop opportunities for people to be physically active.



North West (NW)

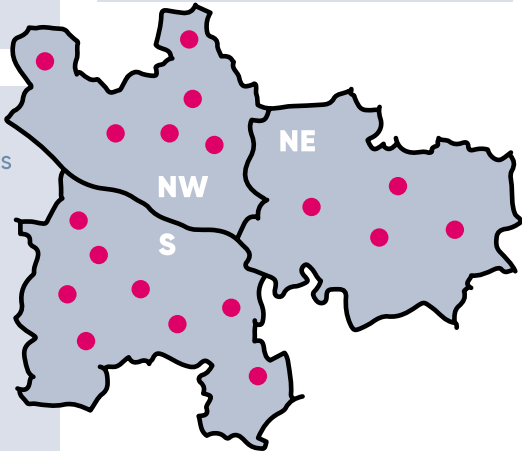
Drumchapel
Firhill Youth Project and Community Sports Hub
Hillhead
Maryhill and Summerston
Milton Community Sports Hub
Scotstoun

North East (NE)

Active Glasgow East
Dennistoun Area Community Sports Hub
Easterhouse
Shettleston Community Sport Hub

South (S)

Castlemilk Community Sports Hub
Clydesdale
Govan Sports Hub
Hutchesons' at Pollok Park and Beaton Road
Langside Sports Club
Pollok United
SAPC Community Sports Hub SCIO
Toryglen Community Sports Hubs

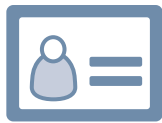


COMMUNITY SPORTS HUBS



18

Number of Hubs



106

Number of organisations



18,351

Number of members

CASE STUDY Eric, Volunteer Cycle Leader, Easterhouse Phoenix

By using sport and physical activity as a tool, Community Sports Hubs can develop skills, increase confidence, reduce isolation and improve wellbeing. Glasgow Life Sport supported Easterhouse Phoenix, part of the Easterhouse Community Sports Hub, to recognise the power they have to change lives through informal and sociable sport and physical activity programmes. One example of hubs changing lives through sport is that of Eric, whose involvement with Easterhouse Phoenix created lasting positive change.

"After a decade of living in pain with scoliosis, unable to find work and feeling like there was no other way out, Eric learnt to tie a noose so that he could take his own life. However, a tragic life event proved to be a turning point and Eric was referred to Easterhouse Phoenix, who over time helped reignite his passion for cycling."

"I don't know where I would be without the Phoenix. I speak to people and I do things I never used to do. I love the cycling and I give back that way."

Eric's story can be read [here](#).



For more details visit the Community Sport Hubs page [here](#).

To read the vision for Community Sports Hubs and how it aligns to local and national priorities click [here](#).

Drumchapel Community Sports Hub

Drumchapel Community Sport Hub gained Glasgow Communities Mental Health and Wellbeing funding via support from Glasgow Life Sport. This funding was used to set up Cycling, Pickleball, and Jogging sessions in a social environment to support the wellbeing of people who are isolated, living with low mood and/or are inactive. The hub attracted a core group of 40 participants who were previously inactive, through links to local organisations and community referrals.

One of the participants in the jogging programme explained how the project help her at a challenging time in her life.

"Before attending, I felt I couldn't manage to jog. I've learned that if I commit to the group, no matter how bad I feel, I seem to manage and feel great afterwards. Being a menopausal woman, I struggle every day at the moment. Attending Drumchapel Joggers, has such a positive impact on my mental health and I believe I would probably be off work if I wasn't attending this group."

The activities are led by local volunteers supported by Drumchapel Sports and the sessions form part of a weekly programme that provides a wide range sport and physical activity to the community.



Club Support

Sports clubs are often at the heart of local communities. They play a vital role in bringing people together, fostering a sense of belonging, and promoting physical and mental wellbeing. Whether it's as players, coaches, volunteers, or supporters, sports clubs act as a social hub where people of all ages and backgrounds can connect and form friendships.



As well as supporting Community Sports Hubs, Glasgow Life Sport also provide dedicated support to individual sports clubs. We do this by supporting them to; explore community need, improve their governance structures, manage their own venues, create policies and procedures and find and apply for funding.





Glasgow Life Football Support

Glasgow Life Sport supports the Glasgow and District Youth Football League to provides a games format that allows over 7,000 young people from 620 teams within the city of Glasgow to play football on a weekly basis. Glasgow Life Sport provide facility support, staffing resource and strategic development through the Football Action Plan.



Lemon Acro

With the support of Glasgow Life Sport, Lemon Acro, a new Gymnastics club are supporting their community to get active. Glasgow Life Sport worked closely with the club to develop their governance structure, recruit and train their committee and identify start-up funding streams to provide affordable and sustainable gymnastics activities. Consequently, this support has enabled Lemon Acro to attract over 100 members within 6 months of delivery and are on course to create a full programme of activity open to the whole community.



Bluevale Community Club

Glasgow Life Sport has supported Bluevale Community Club to re-focus from a Boxing Club to a community club, enabling them to deliver a variety of community projects to the people of Haghill and Dennistoun.

This guidance and support has allowed the club to establish themselves in the wider community, gain access to a bespoke gym facility, gain charity status and access additional funds to promote and diversify their activity for the benefit of the wider community.

Meeting Local Need



As a large charity working across the city, we recognise that sometimes we are not best placed to reach, at a very local level, those groups and individuals who are not currently active. That's why we work closely with

organisations who are well trusted by the people we are trying to serve. We provide support programmes for local volunteers, deliver a range of training courses and provide ongoing support and advice to help groups

and organisations become sustainable local deliverers of sport and physical activity in their community.

Walk Leader Training for Organisations

Glasgow Life Sport work with local organisations at the heart of the community to provide free training and ongoing support to enable them to set up their own health walks for service users and their local community.

This allows organisations the freedom to offer walks at a time, on a day and in a setting that they know will work for their participants. Training is flexible and can be tailored to suit the organisations needs such as bespoke training for people with learning disabilities or where English is not the participants first language.

Working in partnership with community organisations to develop Health Walks allows Glasgow Life Sport to reach and meet the needs of diverse communities more effectively.

In 22/23 we trained and supported 81 people across 33 organisations to set up and lead health walks for their community.

Football for Change

Glasgow Life Sport has developed an innovative approach with local partners FARE Lochend Community High School and Easterhouse Football Academy to use football as a key driver for positive change in young people.

This initiative engages S1 pupils in the wider life of Lochend Community High School with the aim of raising attainment at school whilst also increasing participation in football. The programme has evidenced the impact being made is purposeful and positive.

"It's brilliant to be able to play football in school time and the coaches are all trying to teach us more stuff than just football – to do with our education. The guys are really good and are all positive with us and try and help us in any way they can."

Lochend Pupil

"The programme has brought a freshness to the S1 curriculum and included a class that offers something relatable to the community for the young people involved. The group cover an SCQF level 4 qualification while gaining the softer skills such as communication, confidence and resilience through the driver of football. This young group of people have a range of backgrounds but we aim to use football to bring them together and be the best part of their day."

Kevin Martin, Developing Young Workforce Coordinator



Men@Phoenix

Men @ Phoenix, an initiative delivered by Easterhouse Phoenix and supported by Glasgow Life Sport was developed to meet a locally identified need for more male activity in the local community. A programme of affordable and low-impact physical activity was created as a hook to engage men to socialise and build social connections to combat loneliness and isolation.

"The sessions have been brilliant for me. Everyone has been really friendly and welcoming. I suffer from depression and mood swings and I felt I had nothing to live for. I was stuck in the house with nothing to do."

Neil, 60

Glasgow Afghan United Cycling Project

A partnership between Glasgow Life Sport and Bike for Good supported the delivery of a 10-week cycling programme for female members of Glasgow Afghan United. 12 women can now cycle proficiently, with 5 women learning to ride through the project for the first time. The project has enabled the organisation to purchase a fleet of bikes, which the women can now access for weekly social cycling sessions as a group. Cycle leader training is planned for 3 women to assist in leading and supporting the group to develop a cycle hub. Some of the women have expressed their sheer joy at being able to cycle.

"Having the opportunity to take part in the cycle sessions has been a dream come true. Back home as a girl we are not allowed to cycle, only boys were allowed."

GAU Participant

Healthy Body, Healthy Mind

After working in partnership with Bridgeton Community Learning Campus to deliver a 10 week Healthy Body, Healthy Mind programme, Glasgow Life Sport supported the centre to apply for funds to continue delivering activity beyond the programme. They were successful in their bid and received £750 to continue delivering chair yoga. We supported them to source an instructor and promote the activities to local GP practices and since then the sessions have gone from strength to strength.

“The support from Glasgow Life was a lifeline. The benefit to local people demonstrates how such effective partnership working can have such a positive impact on the community, particularly in terms of improved physical health and mental wellbeing.”

Gary Harkins, Wellbeing Manager, Bridgeton Community Learning Campus

“You don’t have to be perfect to do it. I’ve got a lot of other health issues and this is a way of meeting people, doing gentle exercises and just getting out there.”

Rosemary, participant, Chair Yoga

Click to see the class in action and hear the benefit it is having on local people.



Funding

Glasgow Life Sport provide a range of small grants to support voluntary sport clubs and not for profit organisations embedded in their community to increase long-term participation in sport and physical activity, exclusively for under-represented groups such as young people, women, people with disabilities, low-income families and ethnic minority groups.



Over the last 18 months, we have managed and distributed Go Cycle, Sport and Physical Activity, European Capital of Sport and Get Into Summer funding streams.

BETWEEN 2021-2023
OUR SPORT AND PHYSICAL ACTIVITY FUNDS HAVE:



Managed over
£430,000 of
funds



Supported over
300 clubs and
organisations



Engaged over
7,500 children
in summer
activities



Successfully
approved 60% of
applications

CASE STUDY

Govanhill Baths
Community
Trust

Govanhill Baths Community Trust have worked tirelessly to successfully reopen Govanhill Baths as a Wellbeing centre in the heart of the community. The Trust applied to the Sport and Physical Activity Fund for support delivering ‘bridging’ activities which would build demand and community need to support the programme when the venue opens.

The Wellbeing Programme is aimed at anyone who stays within one mile of Govanhill and is currently not working (or on low income) with refugees and asylum seekers welcome from anywhere in the city. Glasgow Life Sport provided support for Walking, Yoga, Tai Chi and Fishing activities which were identified after community consultation including support for childcare and travel to break down barriers for people to enjoy the benefits of the programme.

“Access to the Wellbeing programme has significantly improved, as we have been able to afford to pay childcare for people taking part. This is something we would now like to build into all of our programme in the long term, so we have been purchasing materials to have a creche facilities on standby at any time. We have used funding to build up our volunteer capabilities. We now have a volunteer in charge of social media for the wellbeing programme, and she has made some amazing videos and posts to promote our activities.”

Katherine Midgley, Govanhill Community Baths Trust

Project Reach

- 25% identify as an ethnicity other than white
- 30% are part of the LGBTQIA+ community
- 51% are aged over 60
- 75% are women
- 25% consider themselves to have a disability

CASE STUDY

Argo Boxing
Club,
Drumchapel

Argo Boxing Club has been part of the community in Drumchapel for over 50 years. When the club was made homeless during lockdown it was seen as an opportunity to find a new home to offer new opportunities for local people and allow the club to continue as a community boxing club for the next 50 years.

The club developed strong community links with local organisation Men Matters who work with men with poor mental health and/or at risk of suicide and applied for funding from the Sport and Physical Activity Fund to target sessions to those who would benefit most from being active.

“Funds like these are crucial to clubs like ours. In a time where public services are being cut, activity for children and young people are often hit the hardest. We receive great support from our Glasgow Life Sports Development Officer and financial support such as this grant is essential. Support from both is hugely appreciated.”

Girls Cycling Programme – 2023 UCI World Cycling Championship Legacy Project

A group of S1 girls from Drumchapel High School completed a 10-week cycling programme as part of a wider multi partnership project involving girls from 11 other Glasgow schools, all made possible by the 2023 UCI Go Cycle budget managed by Glasgow Life.

The project was targeted at girls transitioning from primary to secondary school, a pivotal point in their life when body image, peer pressure and increased stress cause many girls to drop out of physical activity.

Many girls taking part were disengaged in school, struggled to focus and often disruptive in class, while others were at risk of becoming socially isolated. Taster sessions in BMX, mountain biking, road and track cycling as well as interactive workshops were delivered.

Feedback has been overwhelmingly positive with teachers reporting the girls focus and attentiveness in class had improved greatly.

Inclusive Wellbeing

As Glasgow Life we strive to be a fair, equitable organisation for everyone. We recognise and value diversity of thought and are committed to amplifying voices which are not heard enough or excluded. We want everyone who uses our services, works in partnership, or volunteers with us to feel welcome, safe and valued in their identity.

Through our programmes and activities, we work hard to create a culture of belonging and support for everyone. And as well as directly delivering activities, our Equality, Diversity and Inclusion work includes working with various marginalised, isolated or historically excluded communities, who we support in many different ways to ensure the positive physical and mental benefits of participating in activity can be achieved by all.



Widening Access

At Glasgow Life Sport we want our programmes and activities to be representative of the diverse communities which we serve. We strive to remove barriers to using our services and working with us through a range of programmes.

Access Cards

The Glasgow Club Access Card Initiative is designed to support organisations who are working with individuals who are often excluded from being active or are at risk of being inactive such as asylum seekers, women and girls, carers, people with a disability, people identifying as LGBTQI or those from minority ethnic communities. We also support organisations working with people who face inequality of access due to complex issues such as addiction, poverty, homelessness, ex-offending or caring responsibilities.



The initiative provides 6 weeks of free access for organisations to bring their participants to try the activities available at their local Glasgow Club venue and assess if activities could become a beneficial addition to the organisation's services.

On completion of the initiative, organisations may choose to fund further access for their participants or individuals may choose to fund access themselves, which is offered at a concessionary rate for a further 12 months.



Govan Community Project

Govan Community Project is a community-based organisation working in South West Glasgow who support diverse communities in the Greater Govan area. They aim to achieve social justice by building a strong community based on equality, support and integration, helping refugees and people seeking asylum all over Glasgow.

Glasgow Life Sport support the project through the Glasgow Club Access Initiative, whereby on completion of the free 6-week access pass, participants were funded to receive an extended 12 month membership to continue their physical activity journey. This has resulted in many positive and life-changing outcomes for participants, improving both mental and physical health of refugees and asylum seekers in the Govan area.

One participant, Adel, loves sports and the outdoors but was living in a hotel and was finding it hard to exercise. He is a wrestler and the card has allowed him to train 3-5 times a week. He would not be able to join the gym without it because of his income, status and lack of paperwork, so access to the funded membership has been a very positive experience for him.



CASE STUDY
HMP Barlinnie
Wellbeing
Project

HMP Barlinnie have created a new Wellbeing Centre within the prison which provides prisoners the opportunity to get involved in exercise, arts and music sessions. Glasgow Life Sport works in partnership with the service to provide prisoners a clear pathway to Glasgow Club venues by providing them access cards to allow them to continue their exercise and maintain healthy habits on release.

“I was informed by staff that on release from prison I would be offered a six-week Glasgow Club Access membership card, which would enable me to continue my training whist in the community. Through additional funding this has been extended to a twelve-month membership which has provided a huge benefit to my progress and my reintegration to the community. I've been given an amazing opportunity, one which has really helped my confidence and given me a good start from being released from prison, something which I have never had previously.

My mental health and overall wellbeing have improved massively, as I now have a safe place that I can exercise and meet others who are also in recovery from addiction which has enabled me to build up new friendships and a wider support network. I have to say that the gym has definitely given me a new purpose in life and looking after myself is something I now value.”

Barlinnie Wellbeing Project Participant

Targeted and Tailored Support

In order to ensure more equitable access to sport and physical activity, Glasgow Life Sport work with a range of community



organisations to target resources at high-risk individuals to provide intensive, tailored support.

CASE STUDY
Community
InfoSource



In 2022 Glasgow Life Sport supported Community InfoSource, an organisation that works with refugees and asylum seekers, to develop their own health walks. The project was keen to attend training, but online training was a barrier as members did not have access to devices or data. We delivered bespoke face to face training and were flexible to their needs – starting later to accommodate school drop off and a longer break at lunch to enable participants time to pray at the mosque.

“The training has been very helpful for the organisation and volunteers to plan routes beforehand and think about making everyone feel welcome when they are new to the group. We try and arrange walks at different parts of the city and incorporate other organisations or attractions where possible.”

Stuart Radose, Community InfoSource

Walks have proven very successful with 85 walkers registered to date and the project won the 2022 Paths for All Diversity Award.

CASE STUDY Scottish Ethnic Minority Deaf Association (SEMDC)



Glasgow Life Sport are currently working with SEMDC to help them to establish Health Walks for members. After organising a taster walk to gauge interest, we adapted the training to make it more accessible for deaf participants including delivering the training with the support of a British Sign Language Interpreter.

"Thanks for all your support in getting us to this stage and we are all very excited to get the walking group going."

Alison Taylor, Consultant working with SEMDC

Football Camps

Our football camps take place during school holidays, reaching Glasgow's diverse communities and offering children from a variety of backgrounds and cultures the opportunity to come together to enjoy fun football games and activities.

A recent camp had children from 8 different countries including, Chile, Slovakia, Romania, Poland, Greece, Somalia, Japan and India, demonstrating the power of football to bring children together to play without prejudice or discrimination. Learning other cultures was encouraged through players researching fun facts from different countries, painting national flags and learning how to say "hello" in different languages.

The charge for children to participate in camps works out at £1.67 per hour which, in the current financial climate, provides a relatively affordable way for parents and guardians to place their child in a safe and healthy environment to allow them to continue to work during school holidays.

To watch our participants click **here**.



Jiggly Joggers

Part of Shettleston Community Sport Hub, Jiggly Joggers is a female only organisation who bring together women and girls through affordable and accessible walking and jogging activities. The emphasis on the sessions is supporting to reduce health inequalities in the area, while providing a safe space for participants to give their best, whatever that may be.

"The principles of the group are anchored around supporting women to overcome their reasons for not participating in physical activity – many of which are mental health-based."

Elaine, Group Founder

Through targeted funding from Glasgow Life Sport, the group were able to purchase lights and high vis vests for safe running in the dark, enhancing participants' safety and ensuring they could remain active during the darker winter months.

"Had amazing support throughout my journey. I feel very included and part of the group. New friends, new fitness level and has had such a positive impact on my mental health."

Jiggly Jogger

To hear more about the groups work, watch their video **here**.



Glasgow Afghan United Women's Empowerment Programme

Supported by Maryhill and Summerston Community Sports Hub and funding secured from Glasgow Mental Health and Wellbeing Fund, Glasgow Afghan United has developed a Multi-Sport Activity and Leadership Programme.

Glasgow Afghan United has been supporting multi-cultural communities for 18 years in Glasgow and actively promotes the values of unity, equality, peace, and diversity by assisting the Afghan community and other diverse ethnic minority groups.

The Women's Empowerment Programme has supported 46 women with opportunities to access Cycling, Badminton and Tennis, which for many it was their first time participating in the activity. The main aim of the programme is to invest in learning and to successfully develop and empower a strong female volunteer workforce who can confidently deliver activities to their Peers, families and children and help build stronger healthy and active communities.

"It has been so much fun taking part in the Badminton and meeting up with women from similar backgrounds who have now become my friends."

GAU Participant



Disability Programmes

People with physical and learning disabilities experience poorer health and have a shorter life expectancy compared with people in the general population. Many of these health inequalities are avoidable and could

be prevented through improvements in access to services. Glasgow Life Sport provide a range of services aimed at improving the physical and mental wellbeing of people with a disability including boccia sessions, multi sport

youth clubs, gym sessions, swimming lessons and para football. We also train and support clubs and organisations to deliver more inclusive activities or develop tailored activity for disabled people in their community.

CASE STUDY
Supervised
Disability Gym
Sessions

Martin, 53, has been attending Glasgow Life Sport supervised gym sessions for approximately 24 years. Diagnosed with ataxia, a disorder that affects coordination, balance and speech, the supervised gym sessions have provided Martin with the support to undertake full body workouts and he feels that they have had a positive effect on his ataxia and significantly slowed it down.

"I love the gym sessions and couldn't imagine not having them, I have so much fun, I really enjoy the exercise and the friendships I have created with the coaches and the other gym users."

See our video [here](#)



CASE STUDY

Boccia Sessions

"I bring Billy to the boccia because it's one of the few things he likes to do. You meet a lot of great friends, we're like a wee family now and come along to have a cuppa tea, a chat and a good laugh."

Support Worker

To see the impact boccia is having, see our video [here](#)



CASE STUDY

Multi Sport Youth Club

"We have been coming here for around 10 years. Erin's got very significant complex needs and when she comes here she gets to feel part of her community. She gets a great experience of being with friends. Without this type of club, Erin's experience of isolation would increase, and so would mine. One of the things we get from this club is the chance to be with other parents and to share our experiences and knowledge."

Stuart, Erin's Dad

To hear more about Erin and Stuart's experience, click [here](#).



CASE STUDY

Disability Swimming Sessions

"I'm 70 and I've learnt to swim so I can spend time in the water with my grandkids."

Inspirational Amputee, Robert never let his disability stand in his way, learning to swim at our disability swimming sessions

Hear Robert's story [here](#).



Active Ageing

Becoming or remaining active as we age can help to reduce the risk of illness, manage the symptoms of long-term health conditions, reduce falls and maintain independence.

As well as the physical benefits of participating in physical activity, it also has a significantly positive effect on mental wellbeing as it's fun, helps people form connections, share experiences and build friendships with like-minded individuals. This in turn can reduce loneliness which we know can have a devastating effect on people's health.

As well as directly delivering a range of activities to support older adults to improve their health, build social connections and take control of their wellbeing, we also support community clubs and organisations to deliver fun and sociable activity in local communities across the city.



Community Support

Glasgow Life Sport assist clubs and organisations to deliver a range of activities for older people by providing funding, support, training, advice and guidance.



Springburn Walk n' Talk

Walking in a group provides a sociable and enjoyable way of incorporating physical activity into daily life. Many older people have concerns about walking alone and worry that they may fall or take ill and feel they are not safe walking in their local community. Walking in a group can improve confidence as people feel safe and supported.

"My normal Friday morning would be spent in my bed before the walk started. Now I get up and get out in the park every week. I enjoy the walk and talk and have met some good people. This has been great for me."

Local Resident

Springburn's 'Walk 'n Talk' is an initiative developed between Glasgow Life Sport, Alliance Scotland, and North Glasgow Homes to create weekly walks in the north of the city. After a successful pilot, Glasgow Life Sport trained local people as Walk Leaders and walks are now attracting 70 regular participants.

CASE STUDY Barmulloch Indoor Bowls Club

Barmulloch Community Development Company engages and empowers community members to improve social, wellbeing and economic standards. After an engagement event with older adults in Barmulloch it became apparent that there was a need for an indoor bowling activity to keep older people active in the darker, winter months.

Glasgow Life Sport was able to provide funding for a rink, specialist bowls, bowl collector, hoover for the rink, and other specialist equipment which allowed the centre to welcome people along for a game of bowls and a free tea or a coffee. This activity can now keep everyone engaged in activity and socially connected regardless of the weather.

"Prior to attending this activity, participants said that they would often be left isolated in their own home. In addition, the centre has seen an increase in participation from people who are struggling financially and have found the club an opportunity to save money on energy use in their own home."

BCDC Staff Member

"There is so little to do at winter, and the weather can make you feel like just sitting in the house. But having that purpose to go out makes it easier to motivate yourself and come along. If this club wasn't here I don't know what I'd do."

Bowls Participant





CASE STUDY Bluevale Community Club

Glasgow Life Sport works in partnership with Bluevale Community Club to widen access to activity, providing governance support and assisting with project funding to establish and sustain activity. The club developed a 'Still Gem' programme aimed at providing accessible and adapted physical activity for the older and frail population in Dennistoun. The project was identified through local consultation which highlighted a lack of appropriate activity post pandemic which was suitable for this section of the community.

Glasgow Life Activities

Glasgow Life Sport deliver an extensive programme of activities in and around our leisure venues aimed at supporting older people to try a wide variety of sports and classes in a fun and sociable environment.

Many participants share the same challenges including loneliness, social isolation, anxiety, lack of confidence and various health concerns. These activities support older people to improve their confidence, get a little bit

more active and build social connections that often span beyond participation in the activity.



Themed Walks

Themed Walks are designed to connect people who may only usually walk in their local communities to the city's history, architecture, art and wildlife. Led by experienced staff, each walk explores a different topic and the group stop at points of interest along the way to explore and learn about the city's culture.

"I enjoy Health Walks, but the Themed Walks really help bring the activity to life. I've learned so much about areas of Glasgow I knew little about, which adds a whole new level of enjoyment to being active!"

**Isobel, Themed Walk
participant, Tollcross**



Racquet Sports

Racquet sports have a significant number of health benefits as we age, particularly on brain health. They increase quick thinking, improve reflexes, challenge our balance and improve hand-eye co-ordination – all skills that are vital in maintaining independence in later life.

Glasgow Life Sport deliver a range of fun, social and inclusive racquet programmes that provide an opportunity to meet new people, make friends and have fun.

Lifestyle Badminton

After COVID-19 Alex had increased anxiety, fear of social interaction and his physical health had deteriorated due to his medical condition. He attended the Motor Neuron Self-Management Programme to build stamina and with their support, started attending Lifestyle Badminton.

"I knew I would be ok if I could get there. I suffer cognitive challenges due to my condition which means I am unable to keep the score, but this is never an issue. When playing and off court, I'm surrounded by natural support and understanding from everyone which I am grateful for."

Alec, Lifestyle Badminton Participant



CASE STUDY Evergreen IT

"I played Table Tennis in my youth. I noticed advertising for Evergreen Table Tennis and thought 'I'm for a bit of that'. It's not just the activity and sport but the social side and banter."

David, 70, Evergreen TT Participant

Watch the benefits of our programme [here](#).



Pickleball

Pickleball is a fun sport that combines elements of badminton, tennis and table tennis and is suitable for older people of all abilities. The slower pace of the game and simple rules allows for the skills to be picked up quickly making it an ideal activity for those who are less mobile.

"I was keen to try something new and, right away, found myself being able to 'hold' a rally in Pickleball and loved the slower pace of the game. Like many people, I find it difficult to get motivated for the gym, so discovering Pickleball has done wonders for my physical and mental health. Pickleball is a sport for all abilities, I couldn't recommend it more to anybody who wants to do some physical activity and have fun at the same time."

Pickleball Participant, 54

To find out more about one of the fastest growing sports in Europe, click [here](#).



Walking Football

Walking Football is a slower paced version of the beautiful game aimed at increasing physical activity levels and promoting an active lifestyle for over-50s. It provides an inclusive activity for participants to get active, learn new skills, re-connect with a sport they enjoyed in their younger days, have fun and socialise over a cuppa.

Glasgow Life Sport delivers a range of citywide sessions, including a women's only programme and specific Parkinson's and Dementia sessions. With weekly attendances of over 200 players, walking football is one of the fastest growing sports in Scotland.

Glasgow Life Walking Football events and festivals have attracted over 1500 players from all over the UK since returning from Covid-19. Watch our Walking Football events in action [here](#).



Watch more about the impact our Walking Football programme is having in the city [here](#).



CASE STUDY Willie Milligan, Walking Football



"I got involved in Walking Football around 5 years ago through a friend and I've never looked back. I'm now playing in weekly games across Glasgow. It means so much to me, namely keeping me fit and giving me a purpose in life to get up in the morning, get myself organised and go take part in the games. It's great to meet similar minded people at this stage in life, such is the camaraderie between players and teams. We always socialise after games with a cup of tea and some banter!"



"I had played when I was younger and have been desperate to get back involved. Playing with peers makes it easier and the level of experience doesn't matter. I saw it advertised and just thought I'd give it a go! I can't believe how friendly and welcoming everyone was and I see this being a new group of friends that I can enjoy taking part with."

Women's Walking Football Participant

ActivClub

Glasgow Clubs Activclub membership is designed to support those individuals who are least likely to join mainstream membership. This includes those who are inactive or do very little activity, those returning to activity after a period of absence, older people and those living with a disability or long-term condition. A package of fun, sociable, low-intensity activities has been created to support individuals to take their first steps to become active.

Walking Football, Vitality (long terms conditions class), Supported Gym Sessions, Disability Sports, Lifestyle Badminton, Evergreen Table Tennis, Zumba, Aqua Aerobics, Easy Exercise and Swimming are just some of the activities offered through Activclub. These sessions are programmed at times and in venues that are less busy and provide a more relaxed and informal experience for those who are less confident stepping into a Leisure Centre.

Memberships are priced at £15 per month standard and £10 per month for those qualifying for concession and are for unlimited use of these activities. In order to remove as many barriers as possible, this membership has no joining fee and no commitment to sign up for longer than a month at a time. Participants can also opt to take part in these activities on a Pay as You Go basis. For more information on our activities click [here](#).

ACTIVCLUB 2022/23



4,433
Members



25
Sports /
activities

54

54
years average
age of member



over 150
activities
available each
week



Employability

Employability programmes that incorporate sport can provide individuals with valuable skills and opportunities to enhance their employment prospects.

Glasgow Life Sport use sport as a platform to develop various employability skills and offer practical experiences in the sports industry.



Coach Core

Coach Core is a full-time, year-long modern apprenticeship for young people living in Glasgow, aged 16 – 19 years old, who are not in higher education, employment or training.

The programme focuses on using the power of sport and physical activity to engage and empower young people, often from disadvantaged backgrounds, and combines sports activities with life

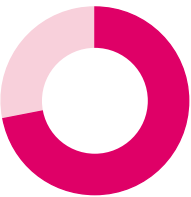
skills training, mentoring, and educational support to develop employability skills.



COACH CORE IN GLASGOW

104
young people have been supported/
trained since 2013

12
participants enrolled on Coach Core
in 2023



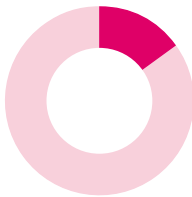
72%
progressed to
careers in Sport
and Leisure Sector



79%
from SIMD 1 / 2
(63% SIMD 1)



27%
identified as
having a disability



15%
from Minority
Ethnic backgrounds



“I got involved in Coach Core because I knew I wanted a career in sport I just didn’t know how to achieve this.

The opportunity to learn through this programme allowed me to gain qualifications and experience whilst working, providing me with an excellent chance to start my employment journey and gain key transferrable skills such as organisation, communication, teamwork and leadership skills.

I developed my confidence and I completed my SVQ Level 2 in Sports Coaching along with my Level 1 Gymnastics qualification, as well as taking part in a range of training and supporting the delivery of a range of different events. Coach Core gives young people a fantastic opportunity to develop whilst being introduced to employment. The positive support network makes everything easier!

After taking part in the programme, I gained full time employment with Glasgow Sport as a gymnastics coach, continuing to build on my knowledge and qualifications and becoming a member of various youth boards.

This experience and the support I have received has had a positive influence on my career. For me starting as a Coach Core apprentice and working my way up the career ladder has given me so many memorable experiences and has led me to my career goal – working in a sports development team at the University of Glasgow.”

Amber Campbell, Coach Core Participant

Training for Work Readiness

Training for Work is open to adults aged between 16-24, living in Glasgow, who are not in education, employment, or training. The programme provides training and support giving participants

the skills, qualities and experiences required to gain employment in the sport and leisure sector. These 12-week programmes blend employability accredited skills workshops, industry specific training, and a

supported work placement to ensure young people are equipped with the tools to move directly into employment.



Training Provider

Glasgow Life Sport has the skills and expertise in-house to deliver a range of courses to support individuals enter employment with Glasgow Life where a need is identified. Working in partnership with educational

establishments allows us to train individuals up to a level that improves their chances of securing employment and provides a positive destination to students on completion of their course.

We are a Scottish Qualification Authority (SQA) accredited Centre and have consistently achieved high confidence ratings for quality assurance in the delivery of sports coaching vocational qualifications.



Training for Work Readiness

Daniel Scullion, who received a placement at Glasgow Club Gorbals after the training, had this to say about his experience:

"I've learned how to work in an active workplace. I've enjoyed the opportunities the programme has given me and it has provided a real insight into the world of work. The support I received from colleagues was great and they were always on hand to help with any issues and ask if I wanted to learn anything."

To hear more about Daniel's experience, click [here](#).



Partnership with Clyde College

Glasgow Life Sport, in partnership with Glasgow Clyde College, provide Swim Teacher Association Lifesaving and Interview Skills Training to improve employment opportunities for sport students. The training provides the required support and learning for students to gain the vocational qualification. This led to five students securing employment with Glasgow Life. The partnership continues in 2023 to provide clear pathways into work with Glasgow Life.

"I enjoyed understanding and learning the importance of the techniques and skills required in order to save lives. This training and the support provided gave me the opportunity to gain employment at Glasgow Life."

"The course has helped me acquire all the skills I need to carry out the role of a lifeguard."

Krish, Lifeguard, Scotstoun Pool

To hear more about Krish and Natnael, click [here](#).



Volunteering

Engaging in volunteering has been linked to improved mental and physical wellbeing. It can help reduce stress, combat feelings of loneliness and depression, and enhance overall life satisfaction. It can also provide a sense of purpose, fulfilment, and a positive outlook on life.

Glasgow Life Sport supports volunteers in a number of ways. We directly recruit and support volunteers to deliver Glasgow Life programmes and events, support clubs and organisations to develop their volunteer workforce and provide training to help people build their skills and confidence to undertake a volunteer role.





Event Volunteering: Michael's story

"After my accident 40 years ago, sport was my uplift. I was in Scotstoun and someone asked if I could show the kids how to use the wheelchairs and that was me hooked. Their reaction to someone they could identify with and the difference I felt I could make gave me the motivation to do more.

I was nominated by Glasgow Life for the role as Torchbearer for the 2012 Paralympics, which I'll always remember. However, my favourite memory has to be the 2014 Commonwealth Games – which was a fantastic experience. I was a Clydesider and this opportunity made a massive impact on me. I couldn't believe I was involved in such a huge event, in my own city – doing what I was doing and meeting athletes. It was a great event to be part of and I haven't looked back since.

I've since volunteered at events like the European Championships in 2018 and both Davis Cup and Billie Jean King Cup tennis events in 2022 at the Emirates Arena. I've loved my time volunteering at the big events in Glasgow as well as those in my own community."

Programme Volunteering

Hear from John and the impact volunteering with Glasgow Life has had on his life. Listen as he describes his journey progressing from being a participant in Live Active to becoming a volunteer motivator inspiring others to get active through gym programmes, health walks and walking football activities.



Volunteer Support Programmes

Volunteers are the lifeblood of grass roots sport and a vital component in supporting our communities to be active. However, clubs are often under resourced and over stretched and don't always have the time required to spend on training and developing volunteers.

Glasgow Life Sport supports clubs and organisations to recruit and develop volunteers in order to help provide a positive experience that helps clubs retain volunteers for the long term.

Our volunteer programmes aim to remove any barriers that have prevented people from volunteering by providing training, support and help to find the right opportunity.

"I really enjoyed the volunteer training programme and learned more in the months on the programme than on any other training opportunity. It opened my eyes to so many different sports – some I hadn't even heard of. I haven't looked back since."

Michael, Volunteer Programme Participant

Coach and Officials Award

The Coach and Officials fund provides up to £250 to support volunteers within sport clubs and organisations to gain qualification that allows them to assist or lead sport in their community. This funding supports clubs and organisations to build capacity and reach more people in their community.

In the past two years, Glasgow Life Sport have supported 139 volunteers from 22 different sports via this fund.

"The funding we get from Glasgow Life Sport is a great help to our club and our volunteers. It helps to us to encourage volunteers to get on courses, without this help less people would do this training. People who volunteer give so much and it's a lot to ask them for money for training. You can see the difference in the volunteers after these courses, they are more confident."

Antonia, Volunteer Coach, Southside Boxing

"The cost of courses usually prohibits many young volunteers from pursuing their dream to become a coach but receiving funding to help towards the cost has been invaluable. Massive thank you to Glasgow Life for their support not only financially to help with coaching courses but also in further aspects where they have helped our club in the past."

Storm Gymnastics

Sports Club Volunteer Impact

In a recent survey to the clubs and organisations we support in the city, 59 respondents reported they provide:

 **1,981**

**volunteer hours
per week to their
community**

Based on the Glasgow Living Wage of £10.90 per hour, the value of volunteers at these 59 clubs is over **£1 million pounds** (£1,036,459).

 **95,088**

**volunteer hours
per year based on
48 weeks delivery**

These volunteers are the lifeblood of communities and through gifting their time, make a significant contribution to the physical and mental wellbeing of our city.

It is worthwhile noting that this figure represents around only 10% of the voluntary sports clubs and organisations in the city.

Glasgow Sport Volunteer Bureau

Glasgow Life Sport provides a range of volunteering opportunities through our Glasgow Sport Volunteer Bureau. As well as advertising our own activity and event volunteering opportunities, we also offer the chance for

clubs and organisations to advertise theirs too. Our volunteer bureau currently has over 10,000 registered members making it an ideal platform for clubs and organisations to

recruit into a diverse range of volunteer roles from committee members to motivators!

To find out more, click [here](#).



Everyone deserves a great
Glasgow life.

We need your support to
make sure they do.

Glasgow Life

38 Albion Street

Glasgow G1 1LH

Phone 0141 287 4350

E-mail info@glasgowlife.org.uk

Web www.glasgowlife.org.uk

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Charity Regulator (OSCR)

