

Leisure

An Introductory Guide for Community-Led Projects



OVERVIEW

Leisure activities support health, fitness, and skills in the local community. They also offer the community a range of wider social and economic benefits.

Leisure facilities can include swimming pools, libraries, pitches, gyms, ice arenas, beach fronts, heritage buildings and children's centres. They may also include green spaces, such as parks, and nature reserves. Cultural assets such as theatres, town halls, libraries, museums, galleries and archives can also be managed by community leisure

trusts. These facilities can provide education, training or development opportunities for the local community. Plus, they offer a space to build social links and foster community relationships.

Community leisure trusts typically aim to fill gaps in services and provisions in their local area; most have charitable aims and objectives. Usually, they are run by an independent board of trustees, and work with a range of partners including local authorities and third sector organisations.

STARTING POINTS

1. Decide on your project aims

The reasons behind starting a leisure project can be varied. When defining your project aims, consider the range of benefits it can deliver beyond purely participation in sport. These may respond to local needs such as regeneration, mental health, youth development, social isolation, as well as non competitive sport. It is important to identify these in the early stages of your project so they can be developed as core aims.

2. Accessibility

Identify the potential user groups for your project and ensure facilities are designed to be accessible to them, for example, adaptations for participants with dementia, disabilities or other needs. Key to this is a thorough knowledge of your local community and how best to accommodate all its varied requirements.

3. Make a solid plan

Planning your project from the start will help its smooth implementation. A feasibility study is useful to analyse options and test your ideas. It will develop a framework that will help the project to move forward and provide an evidence base for your proposed project.

4. Secure funding

When considering funding, it's helpful to think about the wider benefits of your project. Social and community benefits will help make the project more attractive and offer different avenues for funding. Local sports councils can be a good place to start when looking for funding, as well as more general support.

5. Research support available

Make sure you do your research when it comes to support and resources, your project will be stronger by forming partnerships and obtaining guidance.

There are 57 recognised sports governing bodies in Scotland. Each one manages the rules and regulations for its sport and provides a range of support including coaching development, insurance advice, safeguarding guidance, facilities support and more.

Best practice guides are available for community football (and some other sports). These can be adapted for other sports and will provide a framework for your activities and can be found on the governing body's website.

6. Location matters

Each region has a sport development team. In the Scottish Borders, the local authority sport activities are managed by Live Borders. It has a dedicated team that can help you develop your project and provide links to coaching and other sporting opportunities.

In Dumfries and Galloway, sports activities are managed by the local authority, which can provide equivalent support and advice. There are currently six community sports hubs in the region. The Council's sport team will work with local sports clubs to set up and expand this network with the aim of increasing community participation in sport.

The local sports council or [ClubSport](#) member organisation can provide support and advice.

FUNDING FOR LEISURE PROJECTS

National Lottery Community Fund – National Lottery Awards for All Scotland. Aims to improve local communities and can support projects in the sport and leisure sector.

Sport Facilities Fund – grant funding distributed by SportScotland. Aiming to support the development of sports facilities, including inclusive changing, floodlights or major sports equipment. Takes into account context of local community, i.e. Scottish Index of Multiple Deprivation.

Robertson Trust – aim to help communities in Scotland to recover from poverty or trauma. Can support projects in the sport and leisure sector.

Foundation Scotland – The Baillie Gifford Grassroots Sports fund is aimed at supporting community sports organisations. It can be used to purchase equipment, fund coaching, hire facilities or help minority groups access sports.

Holywood Trust – aims to support young people in Dumfries and Galloway and can support community sports and leisure projects.

Local authorities may be able to provide support and funding for projects.

Aldi Scottish Sport Fund – supports sport programmes across Scotland for children. May be able to provide support for community groups or projects.

Sport for Change – grants administered by Comic Relief to help support community sports projects.

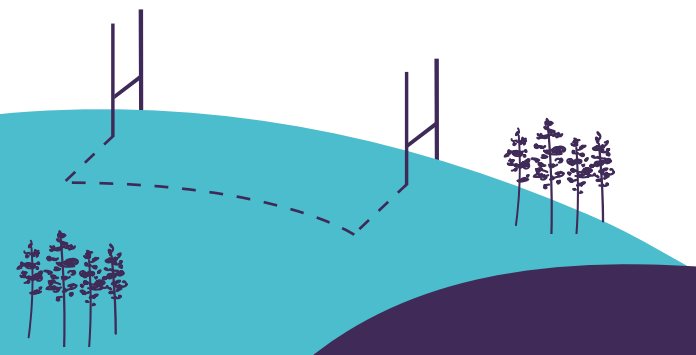
CASE STUDY

Whithorn Town Hall and Bunk House project

This project aimed to create a community town hall including the development of sports and recreational facilities, commercial kitchens, and an educational hub. It also includes new 'bunk house' style accommodation to encourage visitors and increase tourism.

Lasswade Community Sport Hub

This project aimed to create a platform for local community groups, schools, and sports organisations, to facilitate more sporting opportunities across demographics in the local community. The results have been positive, with increased community engagement, increased sporting opportunities, and the development of community leadership.



FURTHER INFORMATION AND ADVICE

Organisation	Remit	Community Focus	Case Studies	Technical Information	Networking Opportunities	Funding Information
<u>Sportscotland</u>	Scotland's national agency for sport. Distributes funding from the National Lottery and Scottish Government.			✓		✓
<u>Community Leisure Scotland</u>	Network organisation, whose members (charities or charitable societies) are responsible for 85% of Scotland's publicly funded facilities. Can provide advice, support and education regarding community leisure.	✓	✓	✓	✓	✓
<u>Sport Specific Governing Body</u>	Your sport may have a recognised governing body, who govern and administer the sport on a national basis. They can provide access to facilities, training for coaches or officials, and manage the rules and regulations of the sport.			✓	✓	✓
<u>Scottish ClubSport</u>	Previously known as the Scottish Association of Local Sports Councils, this is the umbrella body for local sports networks that represent the interests of sports clubs within their area. It has a range of toolkits and guidelines aimed at local clubs and is planning further webinars and training activities.			✓	✓	✓
<u>Sported</u>	Sported is a UK wide charity promoting fairness and equity for young people through grassroots sport and physical activity. The organisation supports community sports organisation to enable them to survive and thrive.	✓		✓	✓	
<u>The Health and Safety Executive</u>	Has guidance for amateur sports clubs on running a safe sports club.	✓		✓		

South of Scotland Enterprise (SOSE) is the economic and community development agency for Dumfries and Galloway and Scottish Borders. We offer support, funding and specialist knowledge to help community initiatives and social enterprises across the South of Scotland to grow and achieve their aspirations. To contact SOSE:

- Go to <https://www.southofscotlandenterprise.com/contact-us> and fill in the enquiry form
- Call 0300 304 8888