



COMMUNITY SPORT HUBS

**Changing Lives Through
Active Communities 2019-2023**





What are Community Sport Hubs?

Community Sport Hubs (CSHs) are places where sport clubs, physical activity groups and local organisations come together to promote getting active. These could be within specific areas of the city, sport facilities or even single organisations delivering multiple opportunities from competitive sports to walking groups, open to the whole community. Community Sport Hubs are a sportscotland funded programme that supports their 'Sport for Life' plan and ties in with the Scottish Government's 'Active Scotland Framework' and also Glasgow Sport's 'Physical Activity Legacy Framework'.

What can be achieved?

We know that CSHs are making a huge impact within their communities and we believe that growing this number will provide opportunities for people to live active lifestyles. Over the next four years we will have a particular focus on areas where limited sport has taken place or people are not as active, aiming to overcome these barriers through targeted

support for local communities. We also hope to work with communities who are interested in delivering projects targeted at: the most inactive, women and girls, people with disabilities and for those from Black and Minority Ethnic groups

How we can support?

Our dedicated Community Sport Hub team provide flexible assistance to meet the needs of individual CSH across the city. Our Sport Development Officers can provide skills, expertise and financial aid to help Hubs to be organised and plan, understand the needs of the community and develop opportunities for people to be physically active.

How we do it?

Glasgow Sport shall work with local communities and individuals, sport clubs and organisations delivering physical activity in a number of ways to increase the number of inclusive opportunities for individuals and groups to be physically active in their community.





Sport for everyone

What will we do?

- Support and empower CSHs to provide activity in appropriate local venues.
- Support Hubs to understand needs within the community.

What can happen?

- CSHs in areas of traditional low participation to be at the forefront of improving access to sport and physical activity.
- CSHs are a vehicle to develop and maintain positive participation in sport and physical activity in underrepresented groups that embrace the diversity in the community.



Creating stronger Community Sport Hubs

What will we do?

- Support volunteers to become more confident and motivated in their role.
- Develop quality coaches and leaders in local communities.
- Equip local people with necessary and relevant knowledge and resources.
- Support people with appropriate training.

What can happen?

- Glasgow's CSHs are driven by strong community leadership.
- Community leaders are equipped with the knowledge and understanding to create a sustainable CSH and maintain an inclusive programme of activities.
- CSHs can be a tool to improve life skills through volunteering.

Sport for Health & Wellbeing

What will we do?

- Support CSHs to identify/recognise local health inequalities.
- Assist CSHs to create affordable and sustainable physical activity in the community.
- Support Hubs to increase the number of people participating regularly in sport and physical activity.
- Identify local partners to support health and wellbeing.

What can happen?

- Use effective consultation methods and partnership work to understand and reduce participation barriers.
- Create an affordable and accessible activity programme that encourages people to become and stay physically active.
- CSHs contribute positively to attitude and behaviour changes towards physical activity in Glasgow.

Sport for Communities

What will we do?

- Equip and assist CSHs to achieve local and national objectives.
- Support CSHs to work with local partner organisations with a broad range of skills, expertise, resources and networks to improve the Hub's local offer.
- Support CSHs to become a key driver locally to change lives through sport and physical activity.

What can happen?

- Ensure CSHs are stronger by engaging the community and receptive to implementing change locally.
- CSHs have a better understanding of using sport intentionally of using sport to create positive opportunities in the community.

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