

CHANGING LIVES

THROUGH SPORT AND PHYSICAL ACTIVITY

sportscotland, Scottish Government, The Robertson Trust and Spirit of 2012 are working together to deliver a programme of support and funding. We want organisations to **use sport and physical activity as a driver to achieve positive individual and community change.**

We know from evidence that being active can bring about positive changes for those taking part. It can impact positively on the health and wellbeing of individuals, their skills and learning, on communities, ensuring a more inclusive and healthier nation.

Emerging from 2017's Sport for Change research (commissioned by The Robertson Trust, Scottish Government, **sportscotland** and the former Sport for Change Network), the 'Changing Lives' approach uses sport and physical activity to intentionally bring about positive changes for people, which delivers against the six Active Scotland outcomes as well as wider outcomes such as health, education, environment and transport. We are committed to embedding a 'Changing Lives' approach within our **Sport for Life** aspirations and ultimately Scotland's sporting system.

It is key that we work together to make sport and physical activity more accessible for people who don't currently take part, and that all are given the opportunity to enjoy the wider benefits of taking part and to progress to the level they choose.



The Changing Lives programme is providing short term additional resource to 17 partnership projects through the Changing Lives fund which aims to address wider individual and community needs through sport & physical activity and support people to become and stay active.

Meanwhile, a comprehensive workforce development programme and associated resources are being developed to support the organisations in the system. All partners are also committed to raising the profile and understanding of Changing Lives work across the sector.

SPORT FOR INCLUSION

Where people experience:

- no barriers to accessing sport or physical activity
- more equality in society
- improved relationships for people with different characteristics
- opportunities for those who are inactive to become & stay active

SPORT FOR HEALTH AND WELLBEING

Where people:

- enjoy better physical & mental health
- engage in positive & healthier behaviours & choices
- recover from illness more effectively
- are happier & more confident

SPORT FOR COMMUNITIES

Where people:

- better develop their skills for life, learning & work
- have an improved learning experience & attainment at school
- are more able to progress into learning, training, volunteering or employment
- can make positive choices in life

SPORT FOR SKILLS

Where people in communities:

- feel safer
- are better connected & more socially cohesive
- have improved family relationships
- engage positively with their environment

WHAT IS A CHANGING LIVES APPROACH?

While participating in sport and physical activity can bring about change, it doesn't happen automatically for everyone. Evidence tells us that there are certain factors that make positive change through sport and physical activity more likely.

That's why the Changing Lives partners want to help organisations to...

...have a clear intention of who they want to involve and what they want to achieve through their work.

- Change is most likely to happen when there is a clear focus on what change an organisation seeks to deliver, who will experience the change and how an organisation will know if it has happened. Getting organisational buy-in is also key.

...focus on the needs of the individuals and communities they are working with

- Gaining a better understanding of and being responsive to the needs of a wider community and its individuals is important for the development of appropriate services and activities.
- It sounds obvious, but benefits can only be experienced by people if they take part. By thinking about who is and isn't taking part in a service, and what the barriers might be, an organisation can think about how to adapt an offer to make it accessible to a wider range of people.
- Person-centred approaches, such as youth work and community development approaches, focus on the needs, skills and aspirations of individuals and communities. Change for individuals and communities doesn't always happen overnight and requires long term, sustainable and regular commitment and support.



...be strong and effective

- Staff and volunteers are most likely to be an organisation's biggest resource in Changing Lives work. It's important to ensure they are well supported and understand the change that is being aimed for.
- No single organisation can make the changes we need in our communities on their own. Finding like-minded organisations (both sporting and non-sporting), or groups in the local community to work with can help make a significant impact on the people you want to work with.

Find out more:

www.sportscotland.org.uk

www.therobertsontrust.org.uk

www.spiritof2012.org.uk

www.actify.org.uk



Changing Lives Through Sport & Physical Activity partners: