

**Leicester City Council  
Scrutiny Review**

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Title of Review:  
**Women's participation in sport and physical activity in Leicester**

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A review of the Heritage, Culture, Leisure and Tourism  
Scrutiny Commission

Date: 30<sup>th</sup> November 2021

## **Background to scrutiny reviews**

Determining the right topics for scrutiny reviews is the first step in making sure scrutiny provides benefits to the Council and the community.

This scoping template will assist in planning the review by defining the purpose, methodology and resources needed. It should be completed by the Member proposing the review, in liaison with the lead Director and the Scrutiny Manager. Scrutiny Officers can provide support and assistance with this.

In order to be effective, every scrutiny review must be properly project managed to ensure it achieves its aims and delivers measurable outcomes. To achieve this, it is essential that the scope of the review is well defined at the outset. This way the review is less likely to get side-tracked or become overambitious in what it hopes to tackle. The Commission's objectives should, therefore, be as SMART (Specific, Measurable, Achievable, Realistic & Time-bound) as possible.

The scoping document is also a good tool for communicating what the review is about, who is involved and how it will be undertaken to all partners and interested stakeholders.

The form also includes a section on public and media interest in the review which should be completed in conjunction with the Council's Communications Team. This will allow the Commission to be properly prepared for any media interest and to plan the release of any press statements.

Scrutiny reviews will be supported by a Scrutiny Officer.

### **Evaluation**

Reviewing changes that have been made as a result of a scrutiny review is the most common way of assessing the effectiveness. Any scrutiny review should consider whether an on-going monitoring role for the Commission is appropriate in relation to the topic under review.

**For further information please contact the Scrutiny Team on 0116 4546340**

<b>To be completed by the Member proposing the review</b>		
<b>1.</b>	<b>Title of the proposed scrutiny review</b>	<b>Women's participation in Physical Activity and Sport.</b>
<b>2.</b>	<b>Proposed by</b>	<b>Cllr Elaine Halford, Chair of Heritage, Culture, Leisure and Tourism Scrutiny Commission.</b>
<b>3.</b>	<b>Rationale</b> Why do you want to undertake this review?	<p>Sport England has identified that less women participate in physical activity and sports than men. Being active and having a positive relationship with sport and physical activity is important to women's long-term health and wellbeing.</p> <p>The pandemic resulted in more-home working, which has led to changes in lifestyles, fitness, and health, with a positive and negative effect on physical activity habits. There is a need to understand women's attitudes and behaviours to sport and physical activity to promote and encourage participation.</p> <p>City partners and LCC offer a wide range of opportunities for participation, within a formal sport setting or recreationally. LCC Sport Services particularly, provide numerous services and programs across its portfolio of leisure facilities.</p>
<b>4.</b>	<b>Purpose and aims of the review</b> What question(s) do you want to answer and what do you want to achieve? (Outcomes?)	<p>The review will aim to:</p> <ul style="list-style-type: none"> <li>• Understand some of the challenges women (18+) face with participating in physical activity / sport by: <ol style="list-style-type: none"> <li>1. Drawing on local and national research into women's participation in sport and physical activity.</li> <li>2. Facilitating focus groups or individual conversations to gain an insight into women's attitudes, perceptions and key issues with regard to participation.</li> </ol> </li> <li>• Understand the types of products, programs, and levels of usage by women within Sport Services facilities.</li> <li>• Understand what city partners offer women to participate in physical activity and sport.</li> <li>• Understanding the level of non-paid participation – such as running, cycling and exercising in own home as many people choose to exercise in this way rather than at facilities.</li> <li>• Provide a set of recommendations for the council and city partners to utilise that will a) raise the awareness of city programs and encourage more women to participate in physical activity and sport, and b) try to overcome any existing barriers to participation.</li> </ul>

5.	<p><b>Links with corporate aims / priorities</b> How does the review link to corporate aims and priorities?</p>	<ul style="list-style-type: none"> <li>• Sports strategies / plans and initiatives e.g. 'Be Active' Leicester encourages participation.</li> <li>• Health and wellbeing plans are linked to sports and physical activities.</li> <li>• LCC investment into developing and improving the Leisure and Sports Centres facilities in the city</li> </ul>
6.	<p><b>Scope</b> Set out what is included in the scope of the review and what is not. For example which services it does and does not cover.</p>	<p>The review will include:</p> <ul style="list-style-type: none"> <li>• Understanding the local, regional, and national context to the challenges women face with participation in physical activity and sport.</li> <li>• A review of local and national best practice to encourage women's participation.</li> <li>• Understanding women's attitudes and perceptions to sport and physical activity, particularly local Leicester women.</li> <li>• Understanding what services and programs exist for women to access sporting opportunities. Reviewing LCC sport services programs and gaining an understanding of uptake.</li> <li>• Understanding the City landscape for opportunities for women to participate in sport and physical activity with city partners, along with an understanding of uptake and usage (where data is available). For example, community clubs, self-employed and private operators.</li> <li>• Identifying issues and gaps in provision and where improvements can be made to increase participation.</li> </ul>
7.	<p><b>Methodology</b> Describe the methods you will use to undertake the review.</p> <p>How will you undertake the review, what evidence will need to be gathered from members, officers and key stakeholders, including partners and external organisations and experts?</p>	<p>Evidence will include:</p> <ul style="list-style-type: none"> <li>• A review of national and local research into women's participation in physical activity and sport</li> <li>• Draw on examples of best practice locally and nationally, citing cases where women's participation has been encouraged.</li> <li>• Conduct a small number of focus groups and one-to-ones with local women to understand attitudes, perceptions, and key issues to being physically active.</li> </ul>

		<ul style="list-style-type: none"> <li>Understanding LCC Sports data and trends and identifying gaps and issues, with suggestions on how these can be addressed.</li> <li>Explore the ways in which LCC promote and market exercise and physical activity to women and provide recommendations on how techniques used can be more appropriate to improve engagement.</li> </ul>
	<p><b>Witnesses</b> Set out who you want to gather evidence from and how you will plan to do this.</p>	<p>Evidence will be gathered from:</p> <ul style="list-style-type: none"> <li>LCC Sports Division leads</li> <li>LCC Public Health lead</li> <li>City based women representatives</li> <li>Scrutiny members</li> <li>Sports Forums and agencies – local and national</li> <li>Sports England and partners</li> <li>Strategies and plans</li> </ul>
<b>8.</b>	<p><b>Timescales</b> How long is the review expected to take to complete?</p>	3 months
	Proposed start date	End of Nov 2021
	Proposed completion date	Feb / March 2022
<b>9.</b>	<p><b>Resources / staffing requirements</b> Scrutiny reviews are facilitated by Scrutiny Officers and it is important to estimate the amount of their time, in weeks, that will be required in order to manage the review Project Plan effectively.</p>	<p>Scrutiny officer time within existing workload.</p> <p>The officer time from services within Sports division contributing to the review.</p>
	Do you anticipate any further resources will be required e.g. site visits or independent technical advice?	Not at this stage.

	If so, please provide details.	
<b>10.</b>	<b>Review recommendations and findings</b>  To whom will the recommendations be addressed? E.g. Executive / External Partner?	Recommendations will be made to: <ul style="list-style-type: none"> <li>The Executive, Leicester City Council</li> </ul>
<b>11.</b>	<b>Likely publicity arising from the review</b> - Is this topic likely to be of high interest to the media? Please explain.	Likely to attract some attention from the media
<b>12.</b>	<b>Publicising the review and its findings and recommendations</b> How will these be published / advertised?	The progress of the task group review will be reported to the HCLT Scrutiny Commission.  The report findings and recommendations will be presented to HCLT (public meeting) and the Overview Select Committee and will also be published on LCC website.
<b>13.</b>	<b>How will this review add value to policy development or service improvement?</b>	The review will aim to help and further encourage and develop ways of engaging more women into physical activity and sports. As a result, there could be changes to existing policy within the Sports Services and within the local sports sector more widely.
<b>To be completed by the Executive Lead</b>		
<b>14.</b>	<b>Executive Lead's Comments</b> The Executive Lead is responsible for the portfolio so it is important to seek and understand their views and ensure they are engaged in the process so that Scrutiny's recommendations can be taken on board where appropriate.	<i>I welcome this review, I will support this, and I foresee positive outcomes for my work.</i>  <b>Councillor Piara Singh Clair</b> <b>Deputy City Mayor and Executive lead for Culture, Leisure, Sport and Regulatory Services</b>

**Comments from the relevant Director**

<b>15.</b>	<b>Observations and comments on the proposed review</b>	<i>Sports Services welcomes the review that will focus on Women's participation in sport and physical activity as the findings and recommendations will help inform how we can improve access for women to take up or continue to exercise in the city.</i>
	<b>Name</b>	<b>Andrew Beddow</b>
	<b>Role</b>	<b>Head of Sports, Public Health</b>
	<b>Date</b>	10/11/2021

**To be completed by the Scrutiny Support Manager**

<b>16.</b>	<b>Will the proposed scrutiny review / timescales negatively impact on other work within the Scrutiny Team?</b>	<i>The review as anticipated can be carried out within existing team resources</i>
	<b>Do you have available staffing resources to facilitate this scrutiny review? If not, please provide details.</b>	Yes.
	<b>Name</b>	<b>Francis Connolly, Scrutiny Support Manager</b>
	<b>Date</b>	11/11/2021