

## Sports and physical activities survey

<https://consultations.leicester.gov.uk/comms/sports-survey>

This report was created on Monday 31 October 2022 at 07:55

The activity ran from 05/09/2022 to 30/10/2022

Responses to this survey: **192**

### What is your postcode?

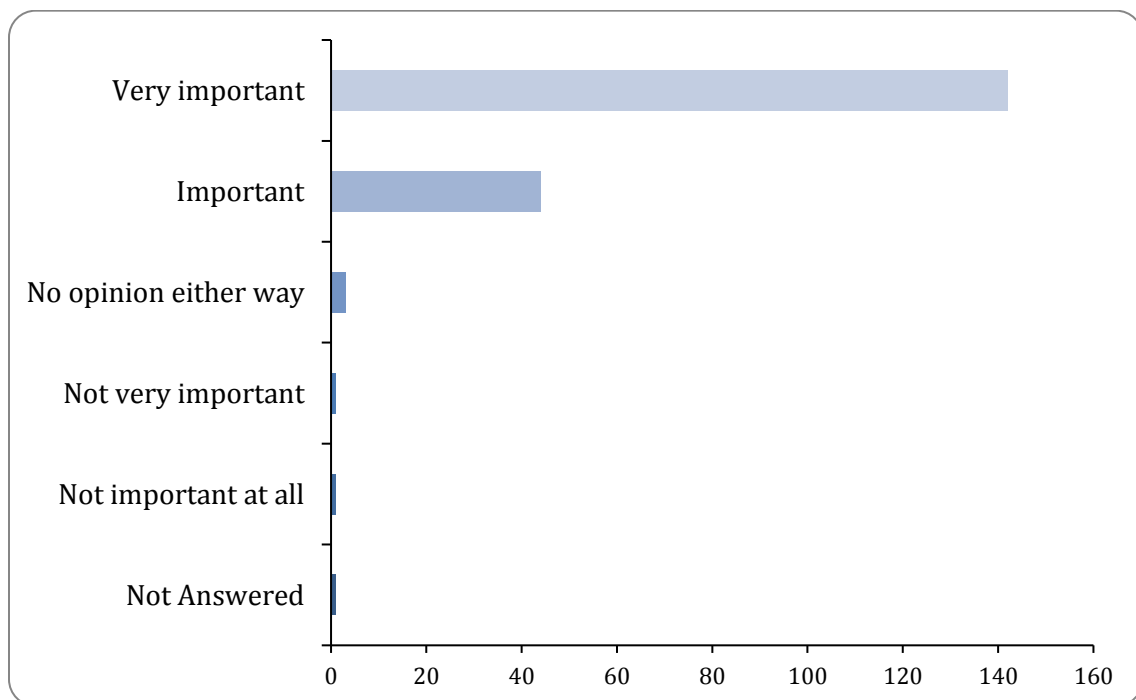
#### Postcode

There were 191 responses to this part of the question.

### How important do you think sport and physical activity is in leading a happy and healthy life?

#### sport important

There were 191 responses to this part of the question.

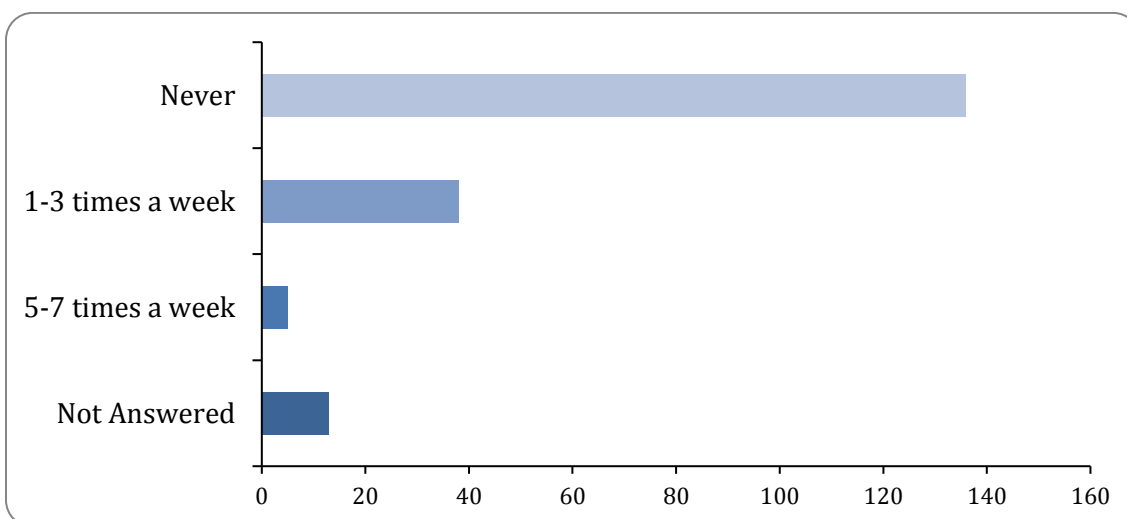


APPENDIX A

Option	Total	Percent
Very important	142	73.96%
Important	44	22.92%
No opinion either way	3	1.56%
Not very important	1	0.52%
Not important at all	1	0.52%
Not Answered	1	0.52%

**How often do you participate in paid for physical activities at these locations?  
paid-for activity - Community facility (community centre, school, place of worship, etc)**

There were 179 responses to this part of the question.

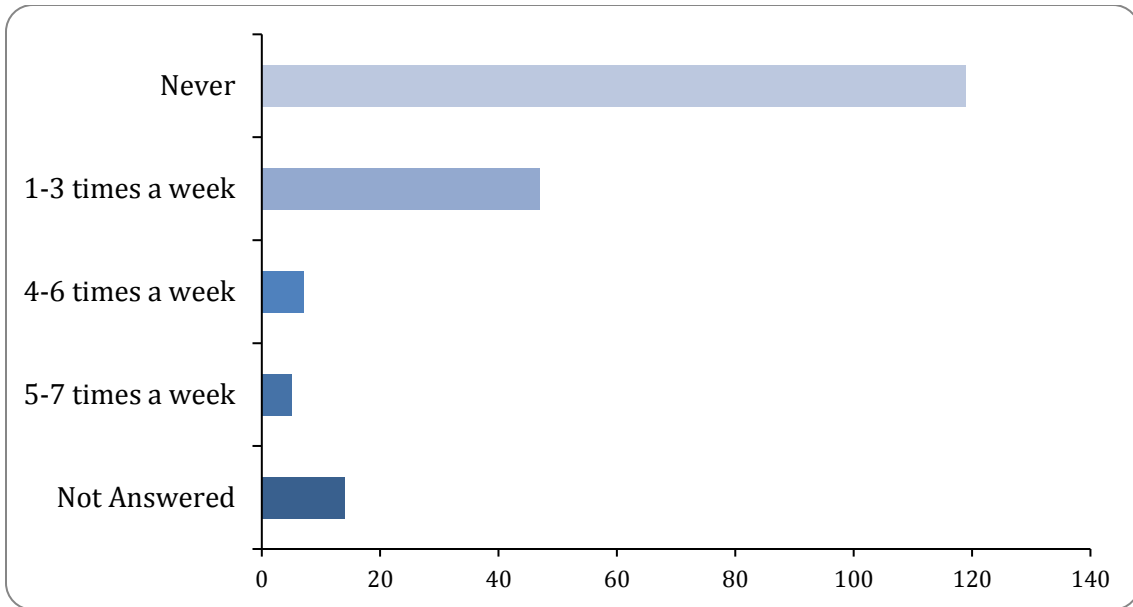


Option	Total	Percent
Never	136	70.83%
1-3 times a week	38	19.79%
4-6 times a week	0	0.00%
5-7 times a week	5	2.60%
Not Answered	13	6.77%

**paid-for activity - Leicester City Council Leisure Centre**

There were 178 responses to this part of the question.

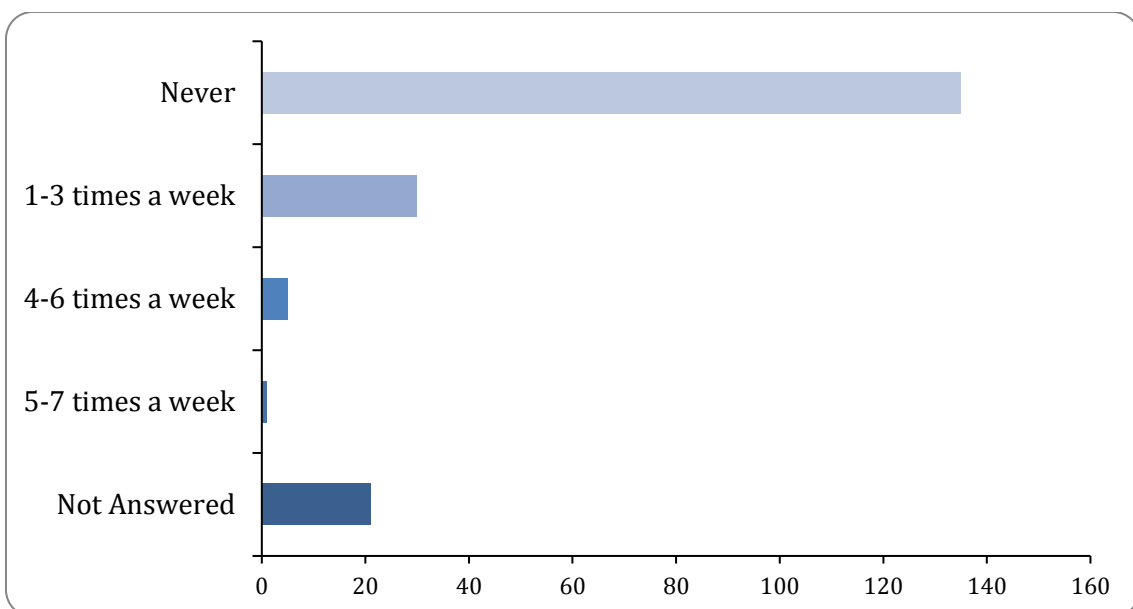
## APPENDIX A



Option	Total	Percent
Never	119	61.98%
1-3 times a week	47	24.48%
4-6 times a week	7	3.65%
5-7 times a week	5	2.60%
Not Answered	14	7.29%

### paid-for activity - Private Gym

There were 171 responses to this part of the question.

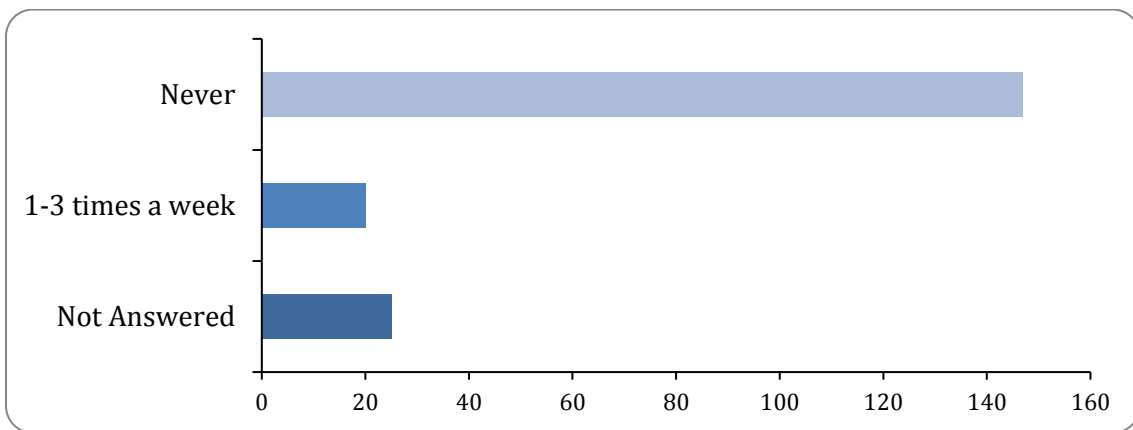


APPENDIX A

Option	Total	Percent
Never	135	70.31%
1-3 times a week	30	15.62%
4-6 times a week	5	2.60%
5-7 times a week	1	0.52%
Not Answered	21	10.94%

**paid-for activity - Sports Club**

There were 167 responses to this part of the question.

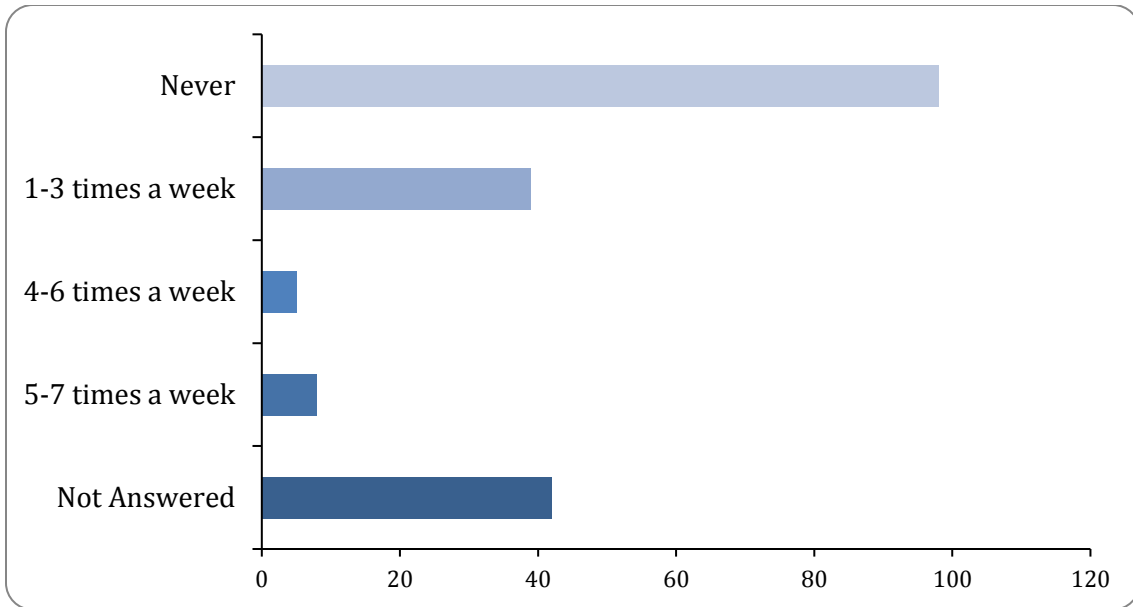


Option	Total	Percent
Never	147	76.56%
1-3 times a week	20	10.42%
4-6 times a week	0	0.00%
5-7 times a week	0	0.00%
Not Answered	25	13.02%

**paid-for activity - Other**

There were 150 responses to this part of the question.

## APPENDIX A



Option	Total	Percent
Never	98	51.04%
1-3 times a week	39	20.31%
4-6 times a week	5	2.60%
5-7 times a week	8	4.17%
Not Answered	42	21.88%

### Other paid-for activity

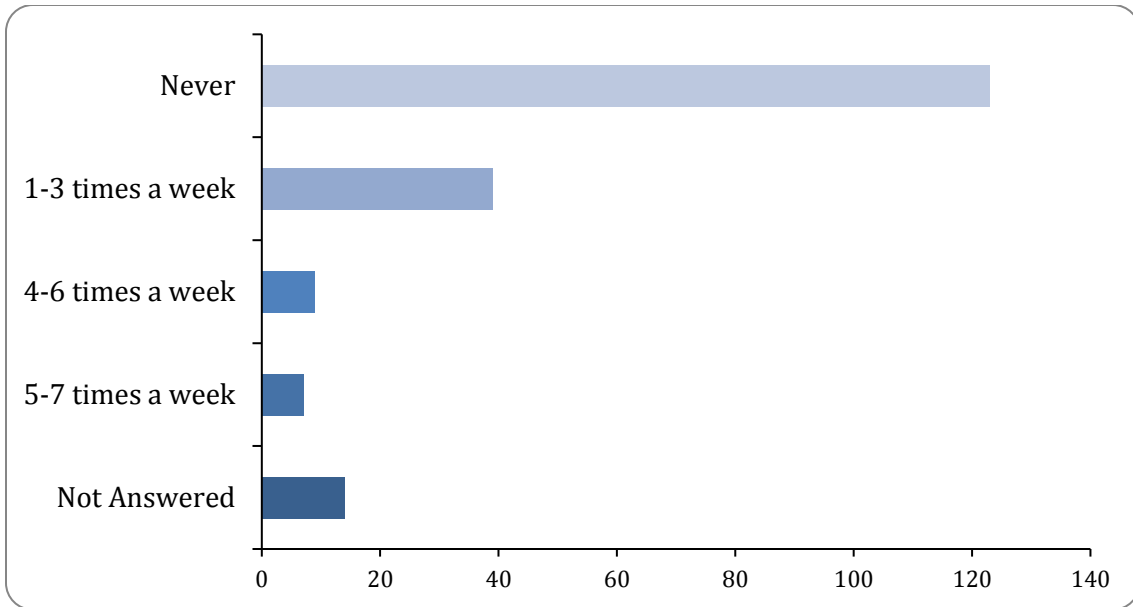
There were 52 responses to this part of the question.

### How often do you participate in recreational, non paid for physical activity per week?

#### non paid for activity - Cycle to work or school

There were 178 responses to this part of the question.

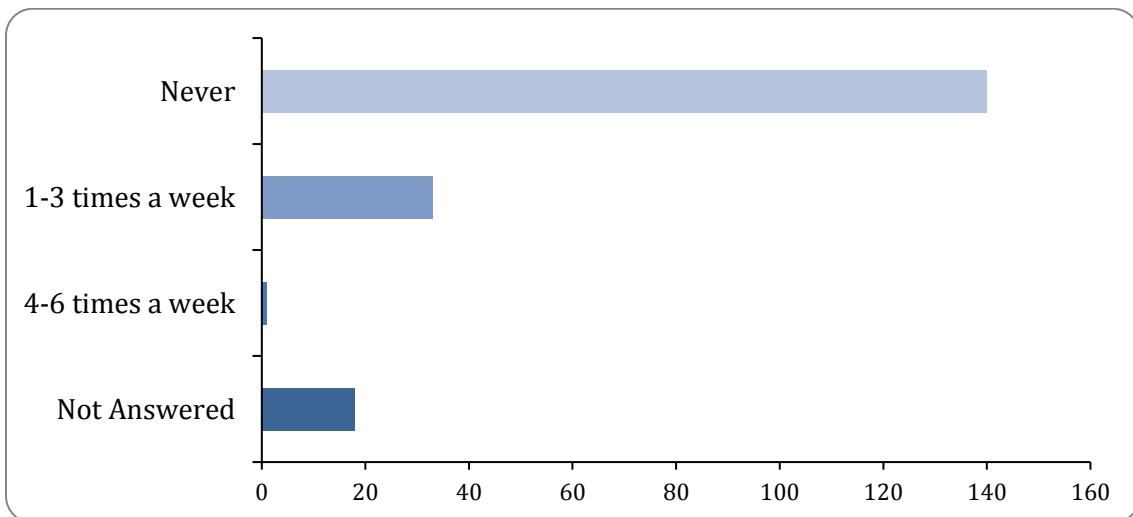
APPENDIX A



Option	Total	Percent
Never	123	64.06%
1-3 times a week	39	20.31%
4-6 times a week	9	4.69%
5-7 times a week	7	3.65%
Not Answered	14	7.29%

**non paid for activity - Free organised activities (Parkrun, informal sports groups, etc)**

There were 174 responses to this part of the question.

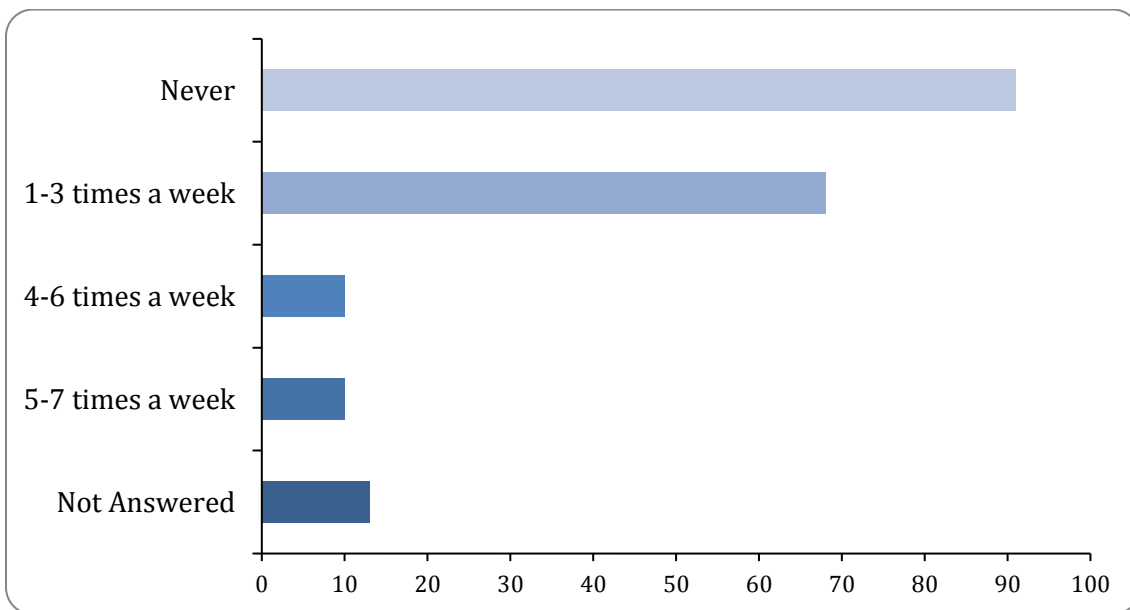


APPENDIX A

Option	Total	Percent
Never	140	72.92%
1-3 times a week	33	17.19%
4-6 times a week	1	0.52%
5-7 times a week	0	0.00%
Not Answered	18	9.38%

**non paid for activity - Home workout (on your own)**

There were 179 responses to this part of the question.

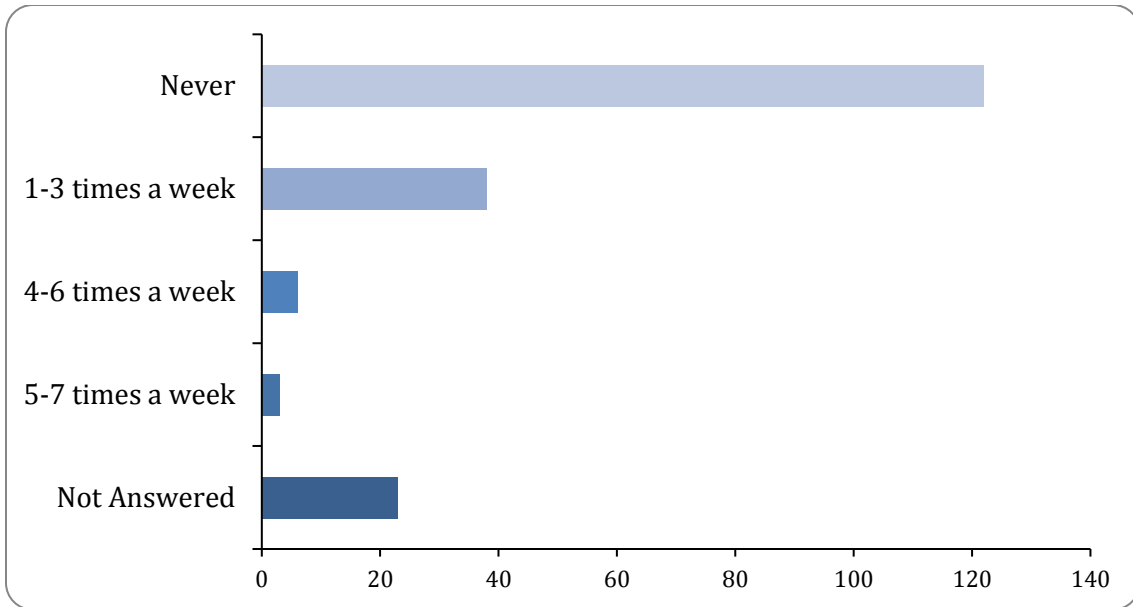


Option	Total	Percent
Never	91	47.40%
1-3 times a week	68	35.42%
4-6 times a week	10	5.21%
5-7 times a week	10	5.21%
Not Answered	13	6.77%

**non paid for activity - Home workout (online)**

There were 169 responses to this part of the question.

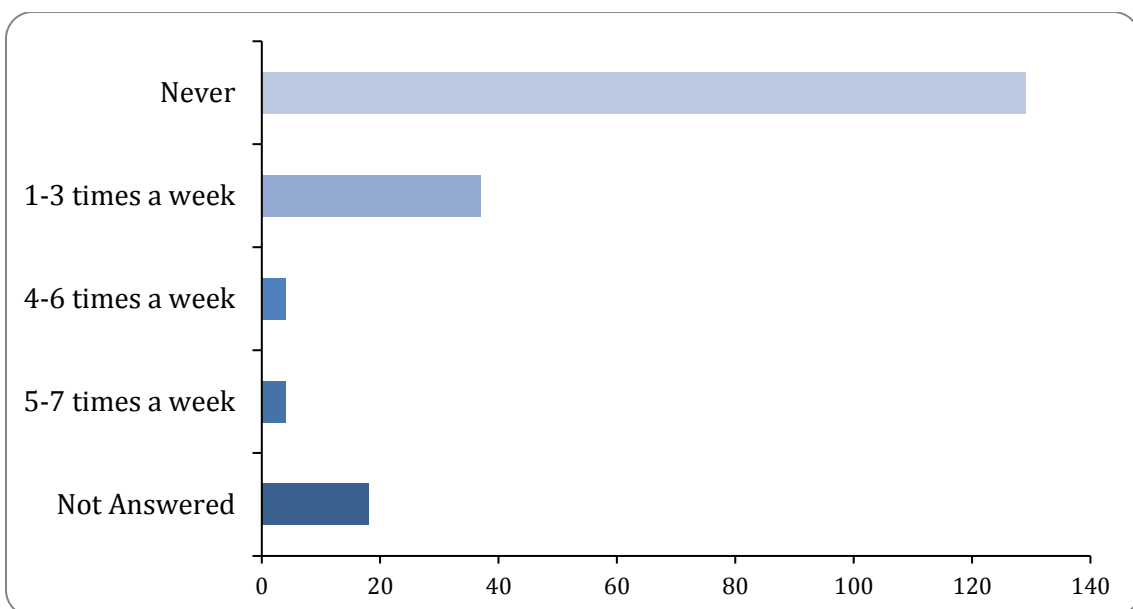
APPENDIX A



Option	Total	Percent
Never	122	63.54%
1-3 times a week	38	19.79%
4-6 times a week	6	3.12%
5-7 times a week	3	1.56%
Not Answered	23	11.98%

**non paid for activity - Local park / recreational ground workout**

There were 174 responses to this part of the question.



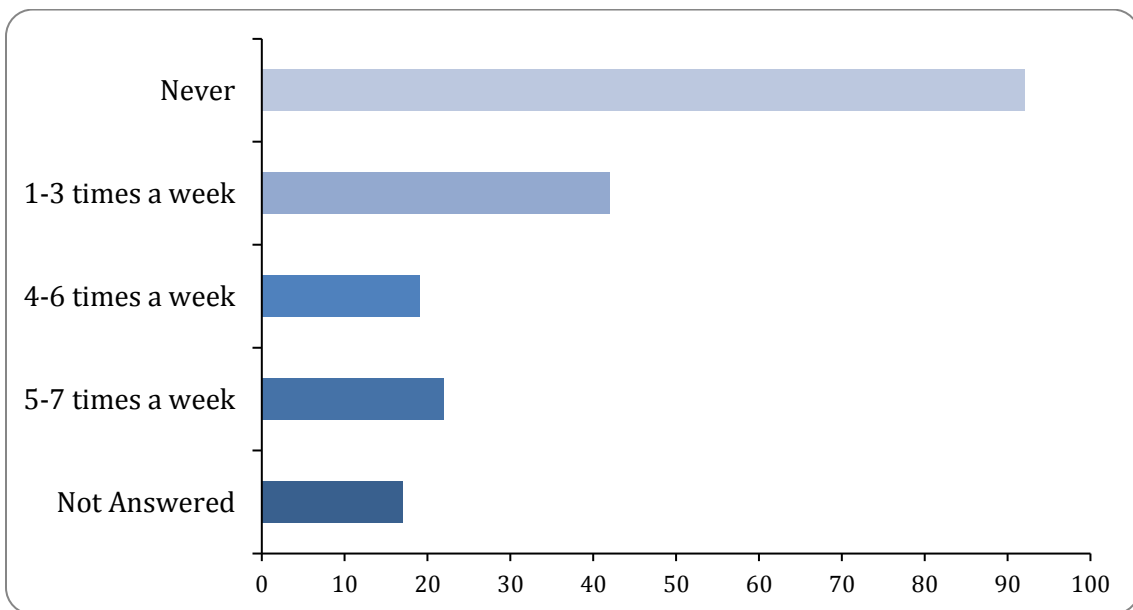


APPENDIX A

Option	Total	Percent
Never	129	67.19%
1-3 times a week	37	19.27%
4-6 times a week	4	2.08%
5-7 times a week	4	2.08%
Not Answered	18	9.38%

**non paid for activity - Walk to work or school**

There were 175 responses to this part of the question.

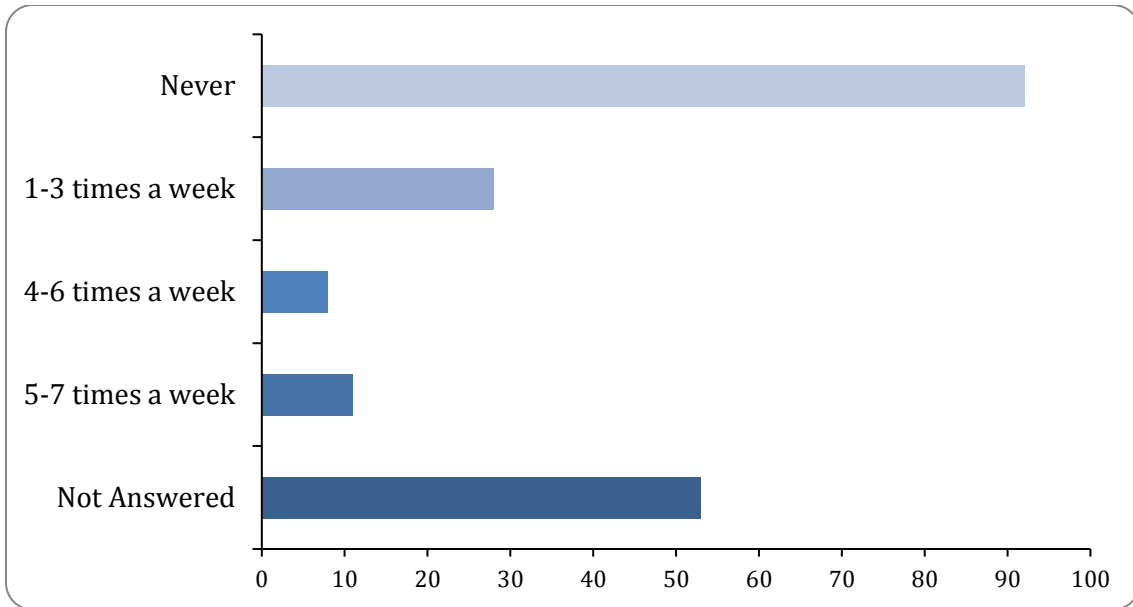


Option	Total	Percent
Never	92	47.92%
1-3 times a week	42	21.88%
4-6 times a week	19	9.90%
5-7 times a week	22	11.46%
Not Answered	17	8.85%

**non paid for activity - Other**

There were 139 responses to this part of the question.

## APPENDIX A



Option	Total	Percent
Never	92	47.92%
1-3 times a week	28	14.58%
4-6 times a week	8	4.17%
5-7 times a week	11	5.73%
Not Answered	53	27.60%

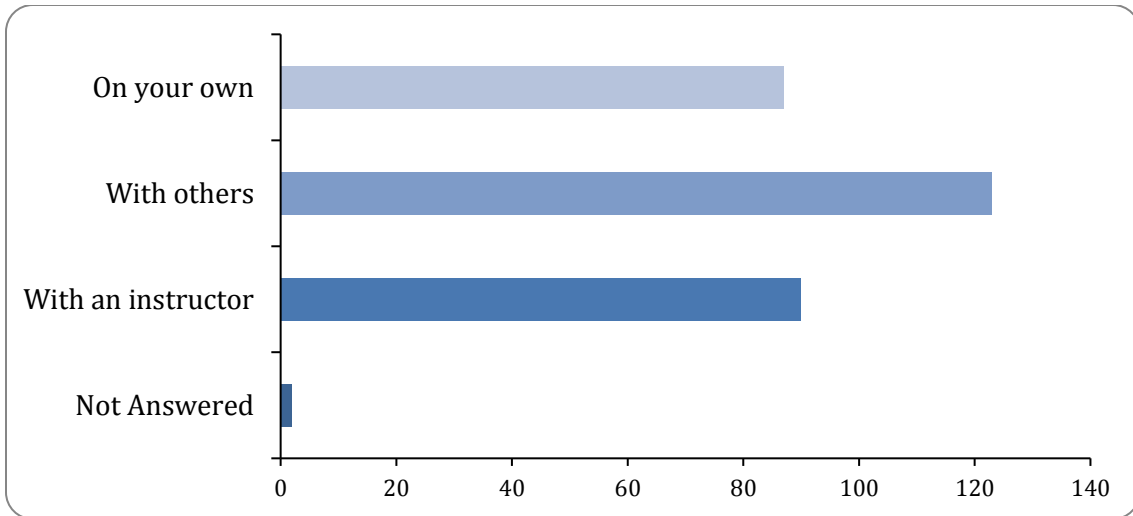
### Other paid-for activity

There were 50 responses to this part of the question.

### Do you prefer participating in physical activity: activity preferences

There were 190 responses to this part of the question.

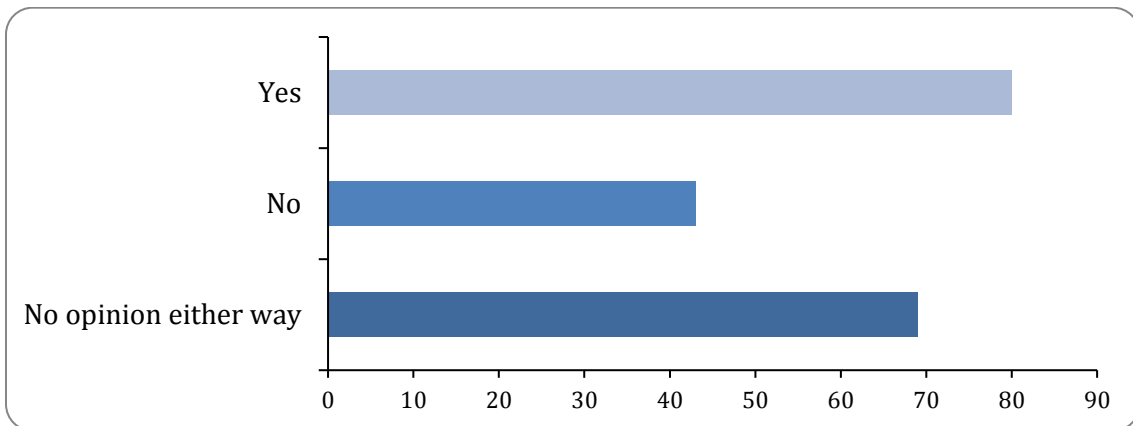
APPENDIX A



Option	Total	Percent
On your own	87	45.31%
With others	123	64.06%
With an instructor	90	46.88%
Not Answered	2	1.04%

**Have you been inspired by seeing more women's sport, and women's sporting success, on TV? (e.g. The Lionesses, The Commonwealth Games, The Hundred)**  
**TV inspired**

There were 192 responses to this part of the question.



Option	Total	Percent
Yes	80	41.67%

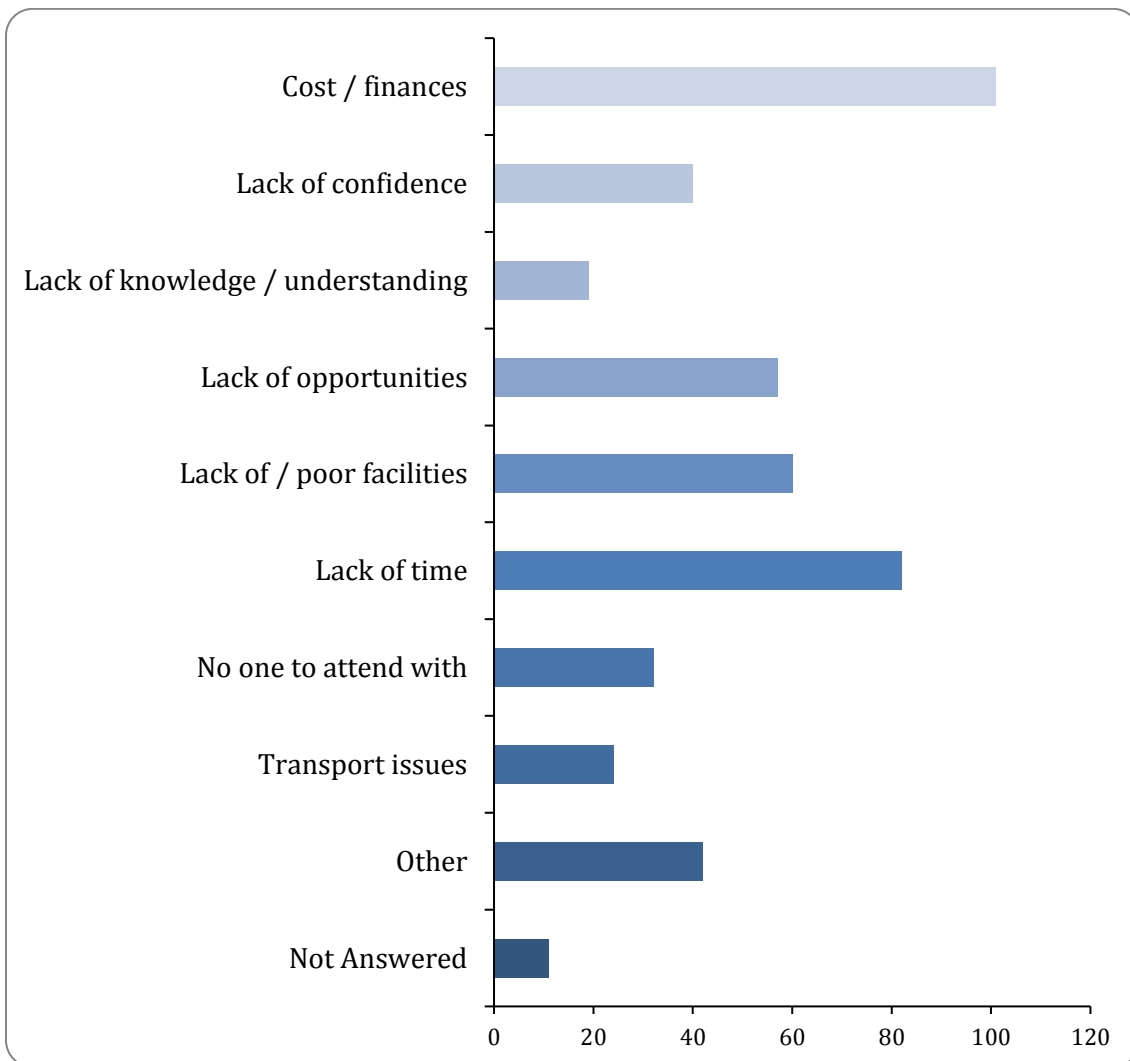
APPENDIX A

<b>No</b>	43	22.40%
<b>No opinion either way</b>	69	35.94%
<b>Not Answered</b>	0	0.00%

**What (if any) barriers stop you participating in sport and physical activity?  
(please tick all that apply)**

**barriers**

There were 181 responses to this part of the question.



Option	Total	Percent
<b>Cost / finances</b>	101	52.60%

APPENDIX A

<b>Lack of confidence</b>	40	20.83%
<b>Lack of knowledge / understanding</b>	19	9.90%
<b>Lack of opportunities</b>	57	29.69%
<b>Lack of / poor facilities</b>	60	31.25%
<b>Lack of time</b>	82	42.71%
<b>No one to attend with</b>	32	16.67%
<b>Transport issues</b>	24	12.50%
<b>Other</b>	42	21.88%
<b>Not Answered</b>	11	5.73%

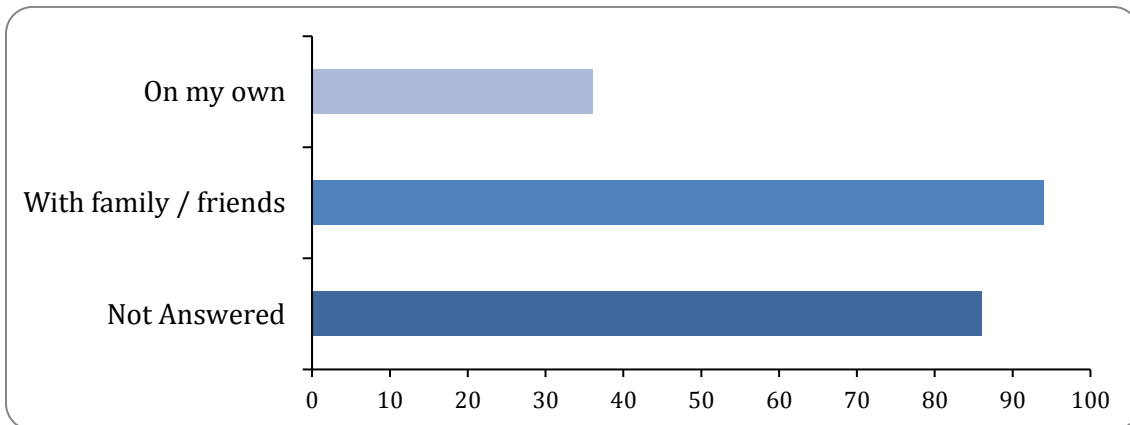
**Other barriers**

There were 51 responses to this part of the question.

**Would you consider taking up a physical activity if it was integrated with another hobby or interest?**

**package options - Afternoon tea**

There were 106 responses to this part of the question.

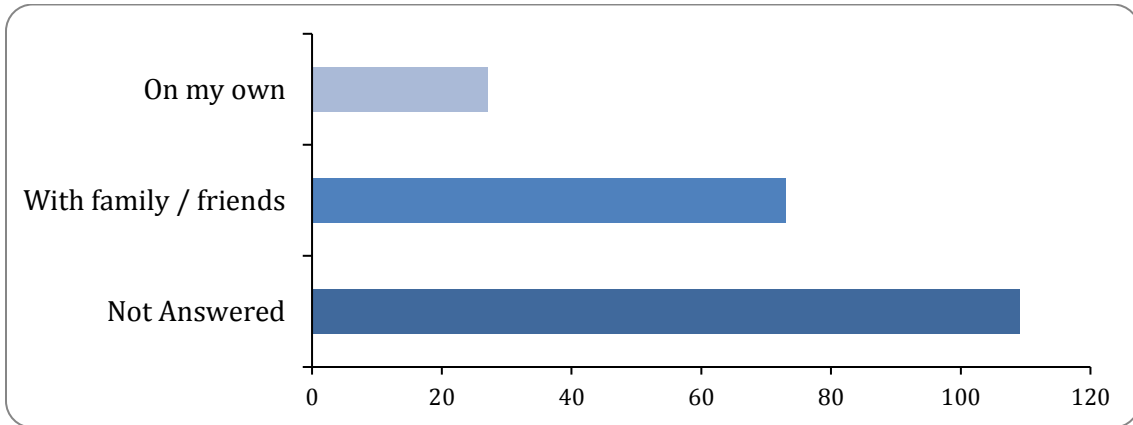


Option	Total	Percent
<b>On my own</b>	36	18.75%
<b>With family / friends</b>	94	48.96%
<b>Not Answered</b>	86	44.79%

**package options - A quiz**

## APPENDIX A

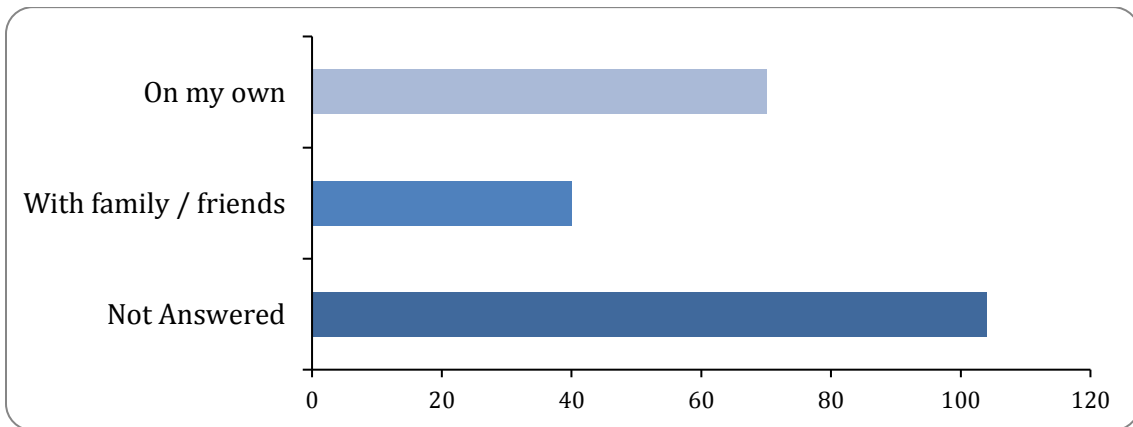
There were 83 responses to this part of the question.



Option	Total	Percent
On my own	27	14.06%
With family / friends	73	38.02%
Not Answered	109	56.77%

### package options - Beauty treatment

There were 88 responses to this part of the question.

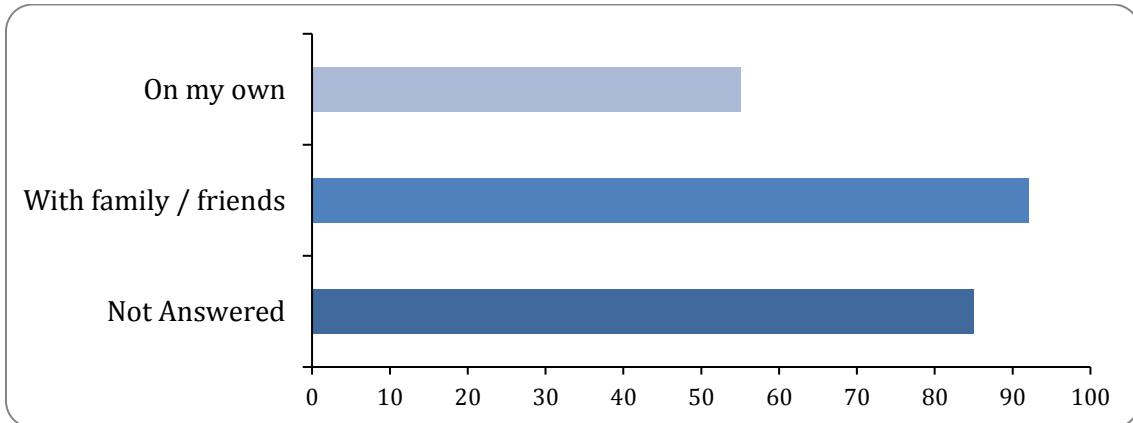


Option	Total	Percent
On my own	70	36.46%
With family / friends	40	20.83%
Not Answered	104	54.17%

### package options - Charity walk or jog

## APPENDIX A

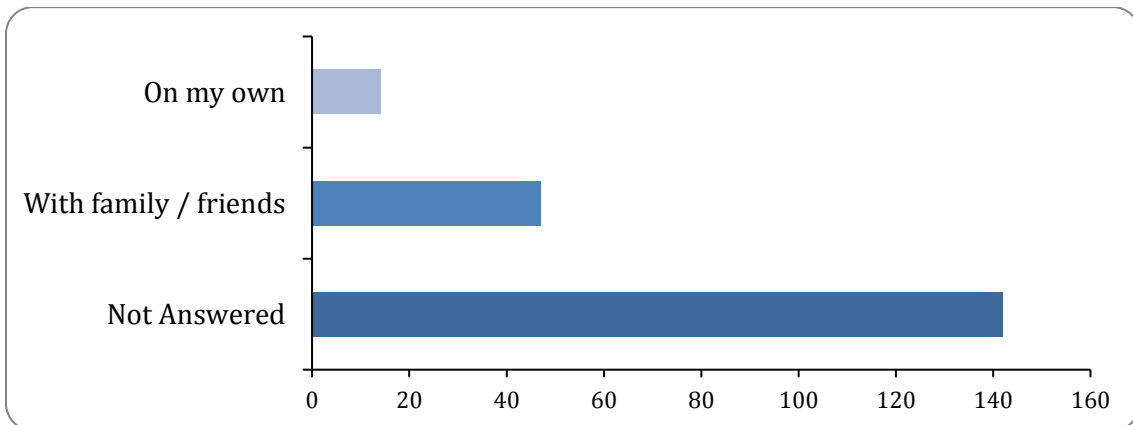
There were 107 responses to this part of the question.



Option	Total	Percent
On my own	55	28.65%
With family / friends	92	47.92%
Not Answered	85	44.27%

### package options - Karaoke

There were 50 responses to this part of the question.

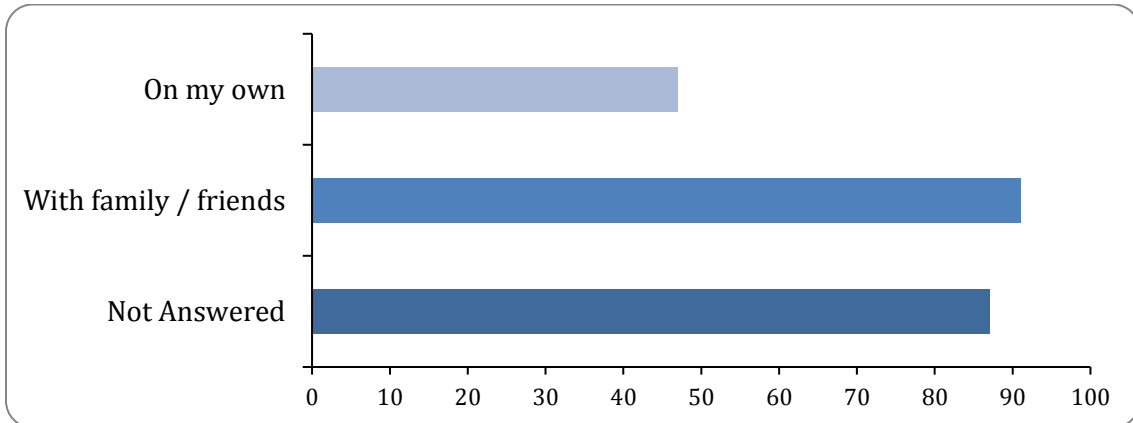


Option	Total	Percent
On my own	14	7.29%
With family / friends	47	24.48%
Not Answered	142	73.96%

### package options - Lunch

## APPENDIX A

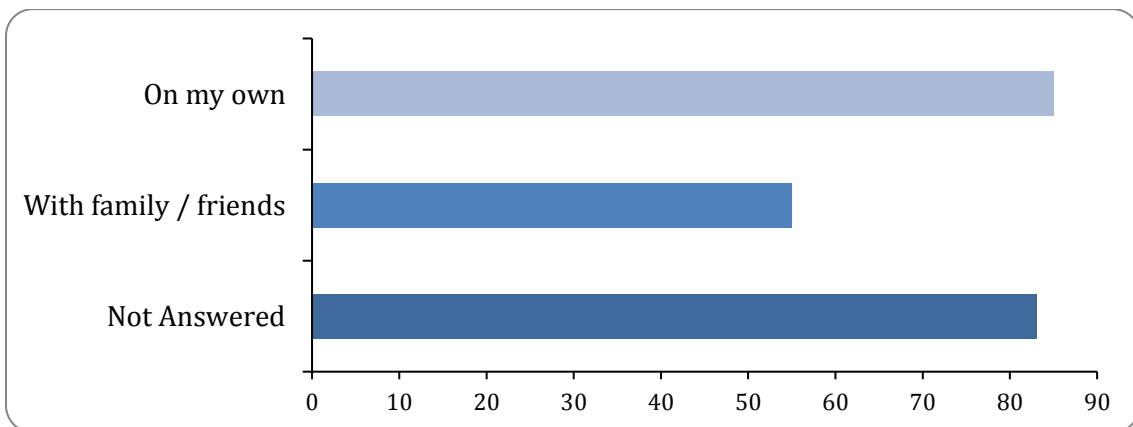
There were 105 responses to this part of the question.



Option	Total	Percent
On my own	47	24.48%
With family / friends	91	47.40%
Not Answered	87	45.31%

### package options - Mindfulness

There were 109 responses to this part of the question.



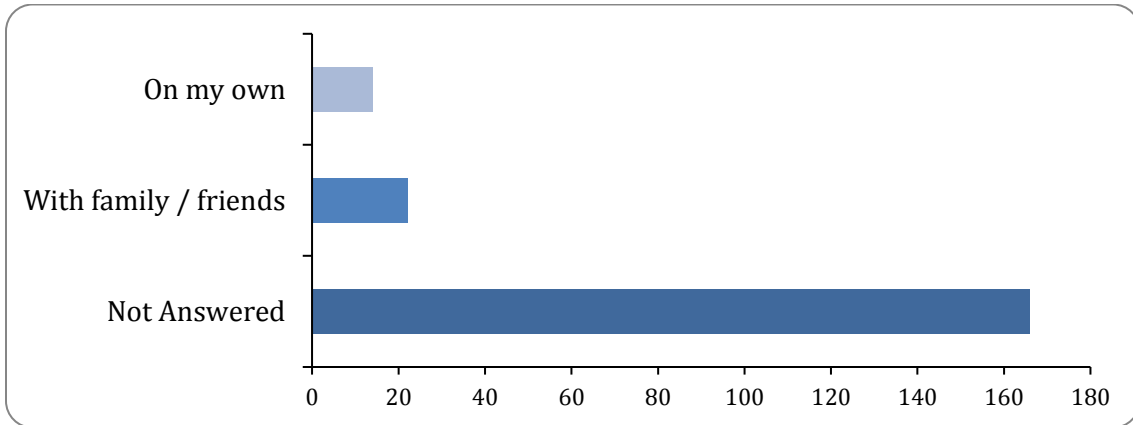
Option	Total	Percent
On my own	85	44.27%
With family / friends	55	28.65%
Not Answered	83	43.23%

### package options - Something else



## APPENDIX A

There were 26 responses to this part of the question.



Option	Total	Percent
On my own	14	7.29%
With family / friends	22	11.46%
Not Answered	166	86.46%

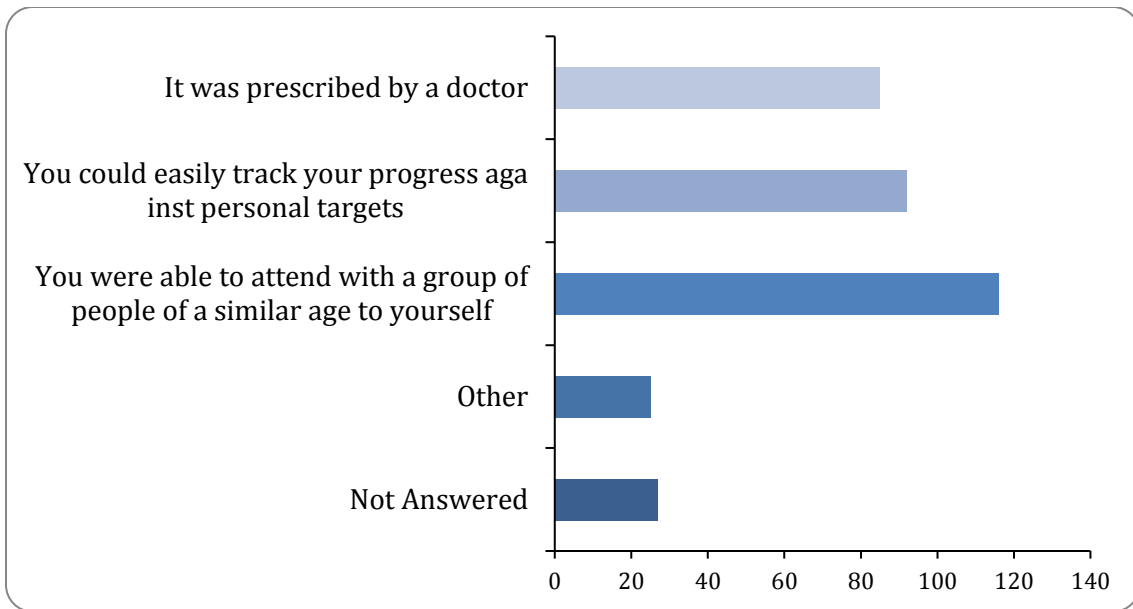
### Other package option

There were 30 responses to this part of the question.

### Would you consider taking up a physical activity if... activity preferences 2

There were 165 responses to this part of the question.

## APPENDIX A



Option	Total	Percent
It was prescribed by a doctor	85	44.27%
You could easily track your progress against personal targets	92	47.92%
You were able to attend with a group of people of a similar age to yourself	116	60.42%
Other	25	13.02%
Not Answered	27	14.06%

### Other activity preferences 2

There were 32 responses to this part of the question.

### Do you have any final comments on sports and physical activities in Leicester?

#### Final comments

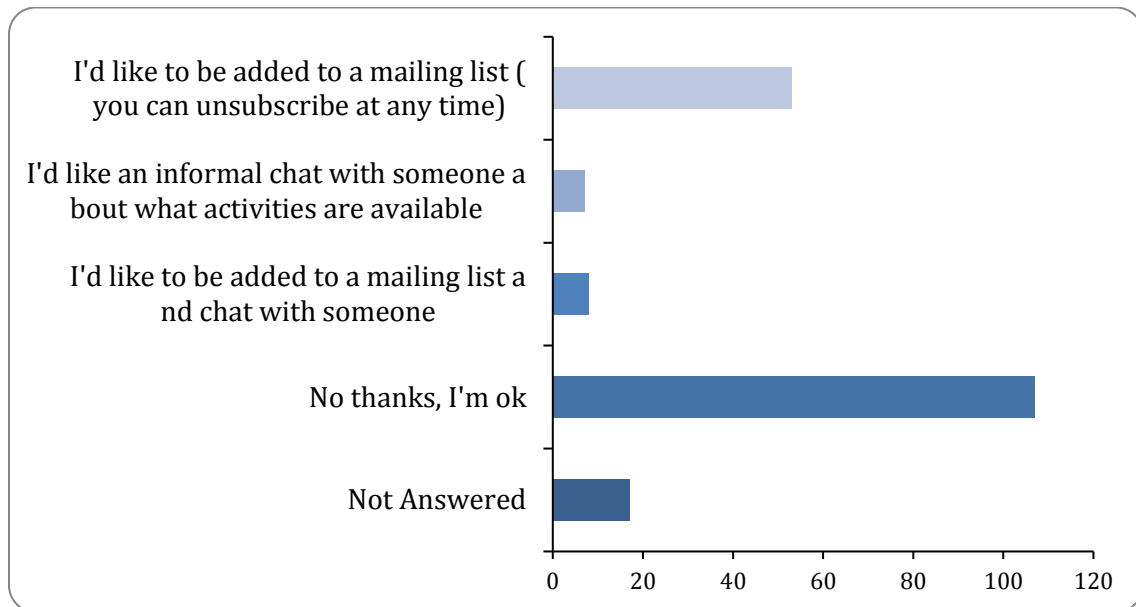
There were 101 responses to this part of the question.

### Would you like to receive information / talk to someone about sports / leisure activities that would benefit you and fit in with your lifestyle?

#### contact choices

## APPENDIX A

There were 175 responses to this part of the question.



Option	Total	Percent
I'd like to be added to a mailing list (you can unsubscribe at any time)	53	27.60%
I'd like an informal chat with someone about what activities are available	7	3.65%
I'd like to be added to a mailing list and chat with someone	8	4.17%
No thanks, I'm ok	107	55.73%
Not Answered	17	8.85%

### Your contact details (if you would like more information)

#### Name

There were 68 responses to this part of the question.

#### Email

There were 68 responses to this part of the question.

#### Contact number

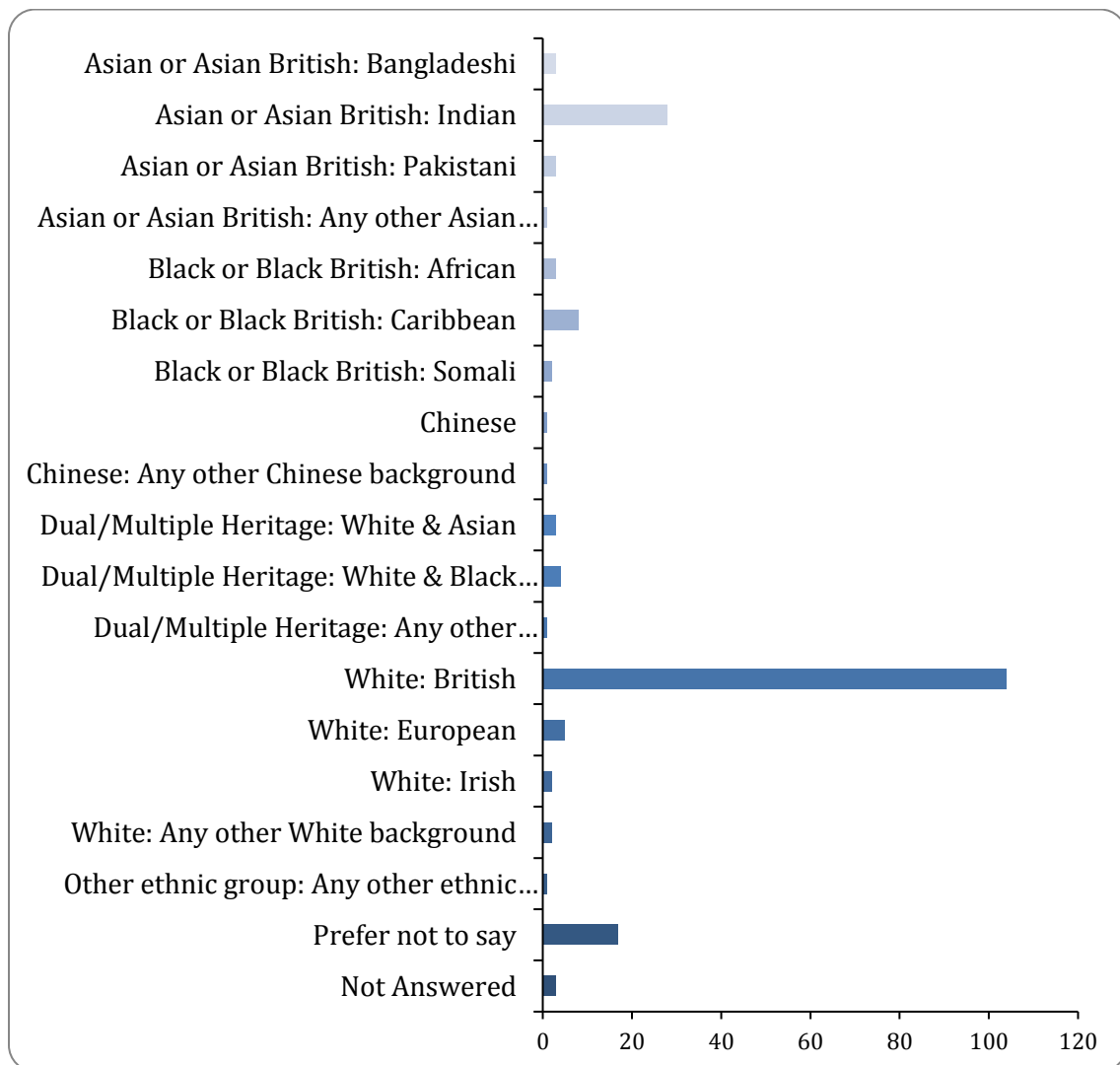
## APPENDIX A

There were 42 responses to this part of the question.

### Ethnic background:

#### Ethnicity

There were 189 responses to this part of the question.



Option	Total	Percent
<b>Asian or Asian British: Bangladeshi</b>	3	1.56%
<b>Asian or Asian British: Indian</b>	28	14.58%
<b>Asian or Asian British: Pakistani</b>	3	1.56%
<b>Asian or Asian British: Any other Asian background</b>	1	0.52%
<b>Black or Black British: African</b>	3	1.56%

APPENDIX A

<b>Black or Black British: Caribbean</b>	8	4.17%
<b>Black or Black British: Somali</b>	2	1.04%
<b>Black or Black British: Any other Black background</b>	0	0.00%
<b>Chinese</b>	1	0.52%
<b>Chinese: Any other Chinese background</b>	1	0.52%
<b>Dual/Multiple Heritage: White &amp; Asian</b>	3	1.56%
<b>Dual/Multiple Heritage: White &amp; Black African</b>	0	0.00%
<b>Dual/Multiple Heritage: White &amp; Black Caribbean</b>	4	2.08%
<b>Dual/Multiple Heritage: Any other heritage background</b>	1	0.52%
<b>White: British</b>	104	54.17%
<b>White: European</b>	5	2.60%
<b>White: Irish</b>	2	1.04%
<b>White: Any other White background</b>	2	1.04%
<b>Other ethnic group: Gypsy/Romany/Irish Traveller</b>	0	0.00%
<b>Other ethnic group: Any other ethnic group</b>	1	0.52%
<b>Prefer not to say</b>	17	8.85%
<b>Not Answered</b>	3	1.56%

**If you said your ethnic group was one of the 'Other' categories, please tell us what this is:**

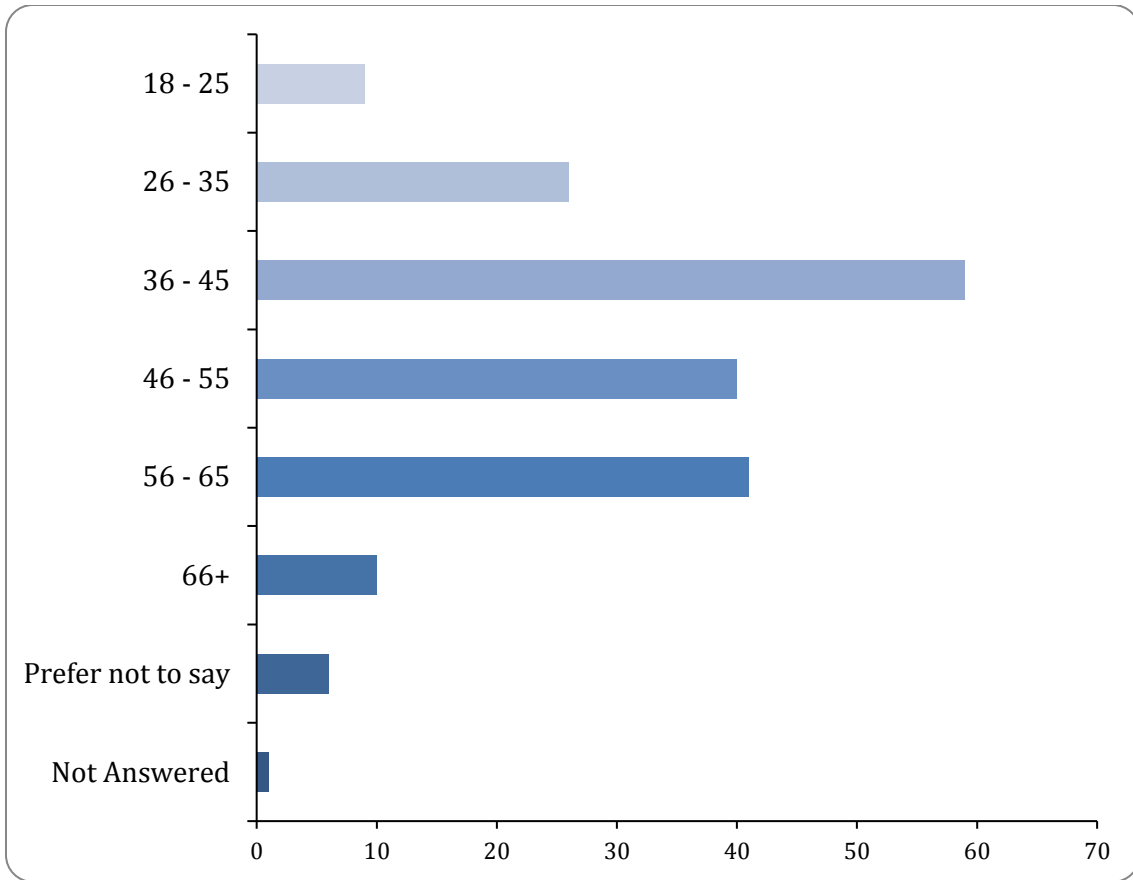
There were 5 responses to this part of the question.

**Age:**

**Age**

There were 191 responses to this part of the question.

APPENDIX A

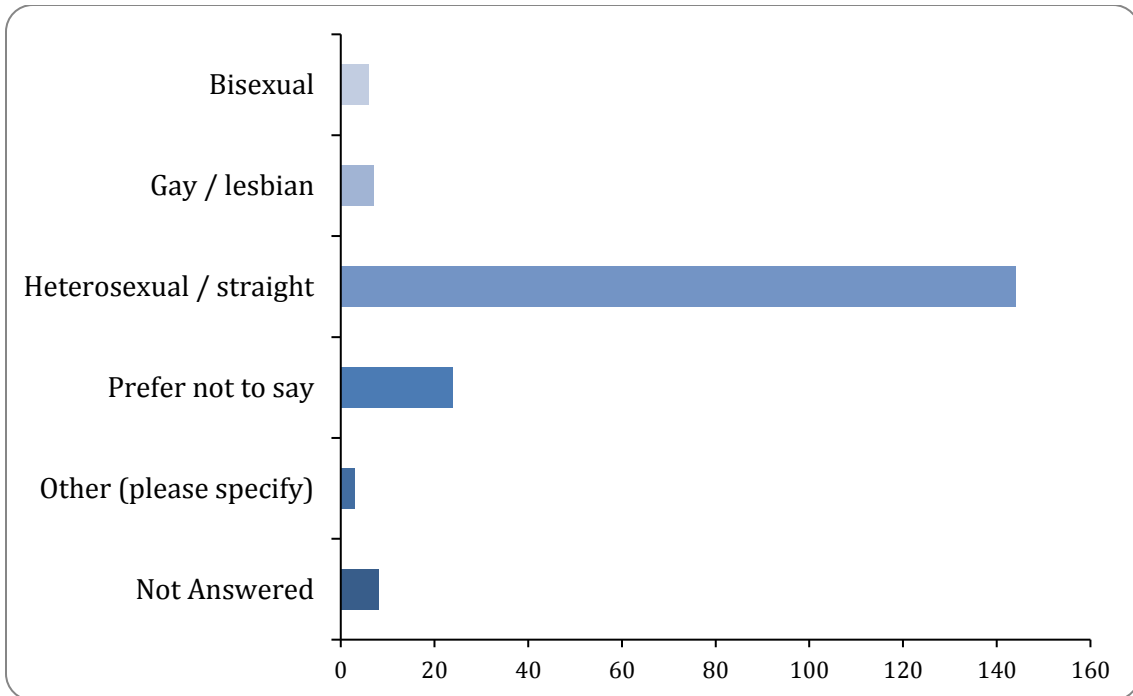


Option	Total	Percent
under 18	0	0.00%
18 - 25	9	4.69%
26 - 35	26	13.54%
36 - 45	59	30.73%
46 - 55	40	20.83%
56 - 65	41	21.35%
66+	10	5.21%
Prefer not to say	6	3.12%
Not Answered	1	0.52%

**Sexual orientation. Do you consider yourself to be ... sexuality**

There were 184 responses to this part of the question.

## APPENDIX A



Option	Total	Percent
Bisexual	6	3.12%
Gay / lesbian	7	3.65%
Heterosexual / straight	144	75.00%
Prefer not to say	24	12.50%
Other (please specify)	3	1.56%
Not Answered	8	4.17%

### Other sex

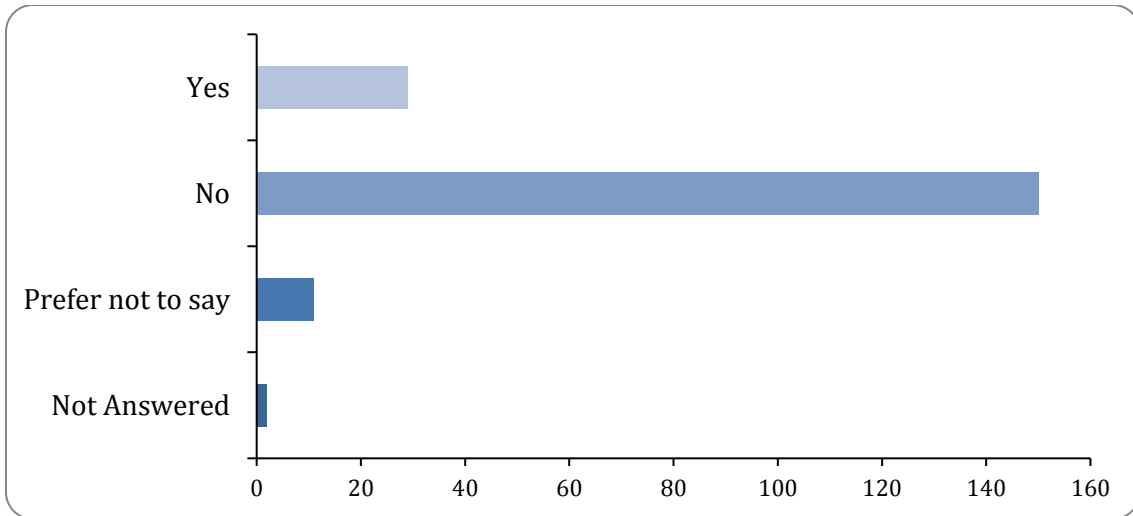
There were 4 responses to this part of the question.

### Disability

#### Q7

There were 190 responses to this part of the question.

## APPENDIX A



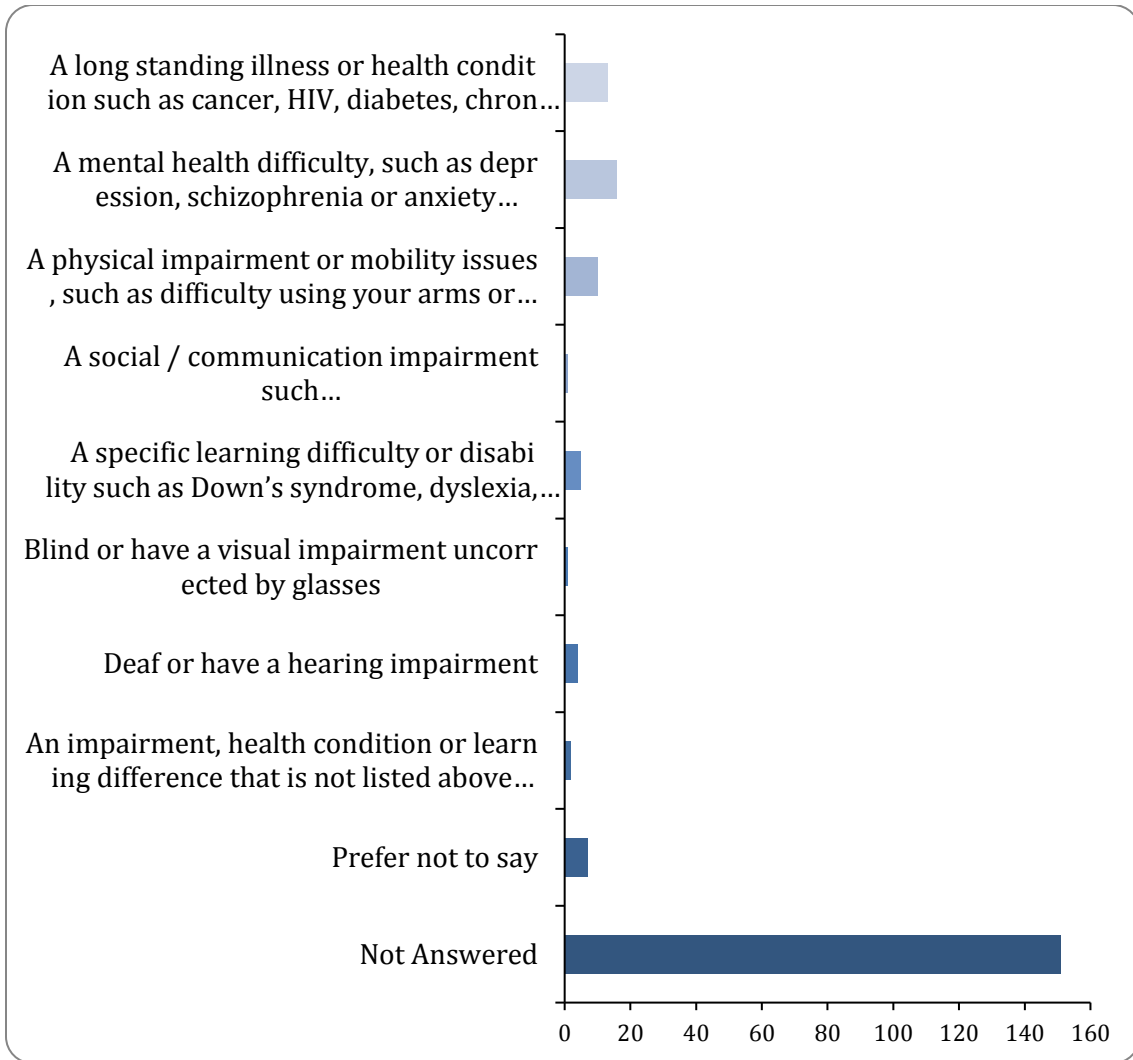
Option	Total	Percent
Yes	29	15.10%
No	150	78.12%
Prefer not to say	11	5.73%
Not Answered	2	1.04%

### Disability detail

There were 41 responses to this part of the question.



APPENDIX A



Option	Total	Percent
<b>A long standing illness or health condition such as cancer, HIV, diabetes, chronic heart disease, or epilepsy</b>	13	6.77%
<b>A mental health difficulty, such as depression, schizophrenia or anxiety disorder</b>	16	8.33%
<b>A physical impairment or mobility issues, such as difficulty using your arms or using a wheelchair or crutches</b>	10	5.21%
<b>A social / communication impairment such as a speech and language impairment or Asperger's syndrome / other autistic spectrum disorder</b>	1	0.52%

## APPENDIX A

<b>A specific learning difficulty or disability such as Down's syndrome, dyslexia, dyspraxia or AD(H)D</b>	5	2.60%
<b>Blind or have a visual impairment uncorrected by glasses</b>	1	0.52%
<b>Deaf or have a hearing impairment</b>	4	2.08%
<b>An impairment, health condition or learning difference that is not listed above (specify if you wish)</b>	2	1.04%
<b>Prefer not to say</b>	7	3.65%
<b>Other</b>	0	0.00%
<b>Not Answered</b>	151	78.65%

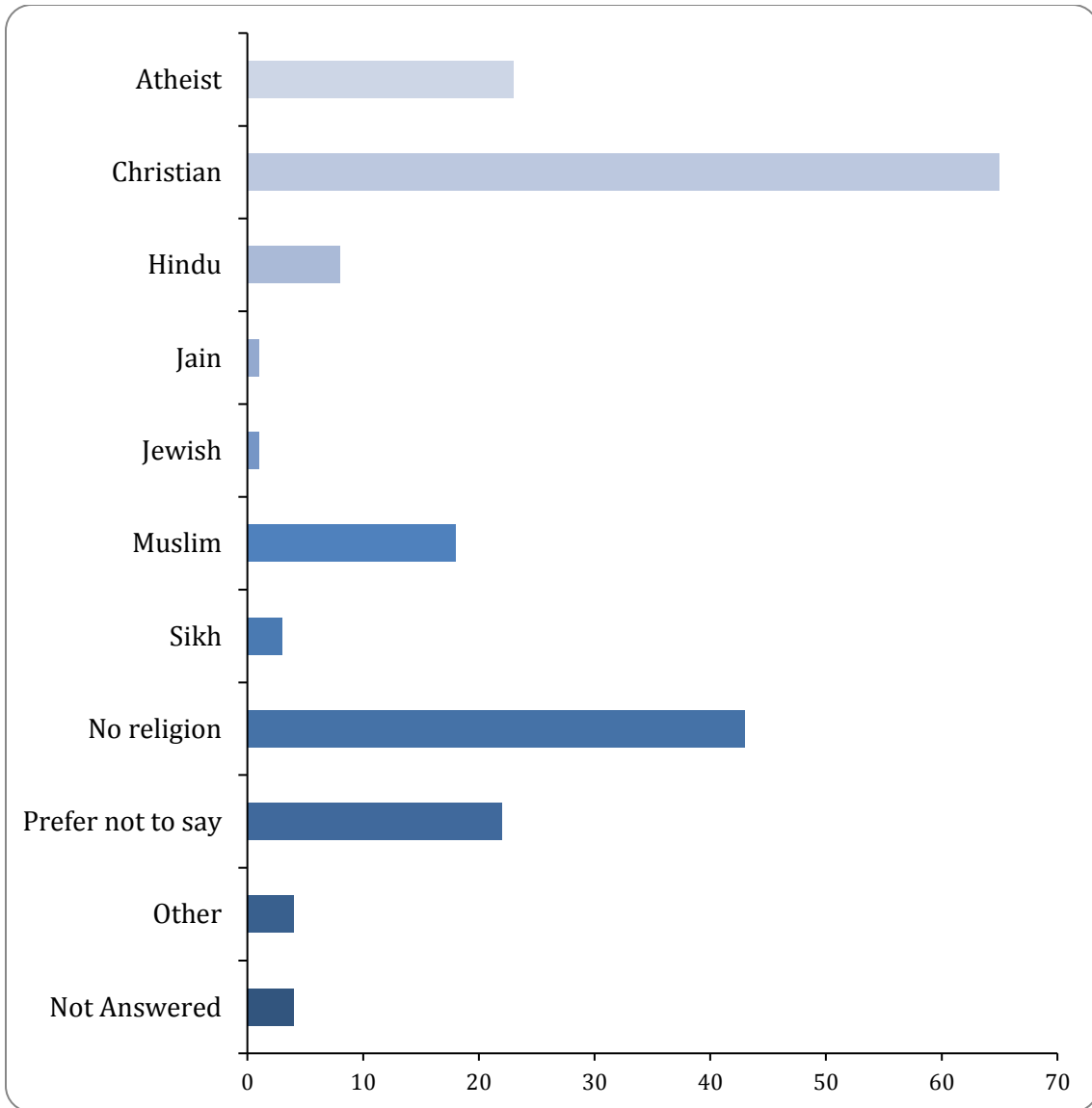
### **Other disability**

There were 4 responses to this part of the question.

### **How would you define your religion or belief? religion**

There were 188 responses to this part of the question.

APPENDIX A



Option	Total	Percent
<b>Atheist</b>	23	11.98%
<b>Bahai</b>	0	0.00%
<b>Buddhist</b>	0	0.00%
<b>Christian</b>	65	33.85%
<b>Hindu</b>	8	4.17%
<b>Jain</b>	1	0.52%
<b>Jewish</b>	1	0.52%
<b>Muslim</b>	18	9.38%
<b>Sikh</b>	3	1.56%
<b>No religion</b>	43	22.40%
<b>Prefer not to say</b>	22	11.46%
<b>Other</b>	4	2.08%

## APPENDIX A

<b>Not Answered</b>	4	2.08%
---------------------	---	-------

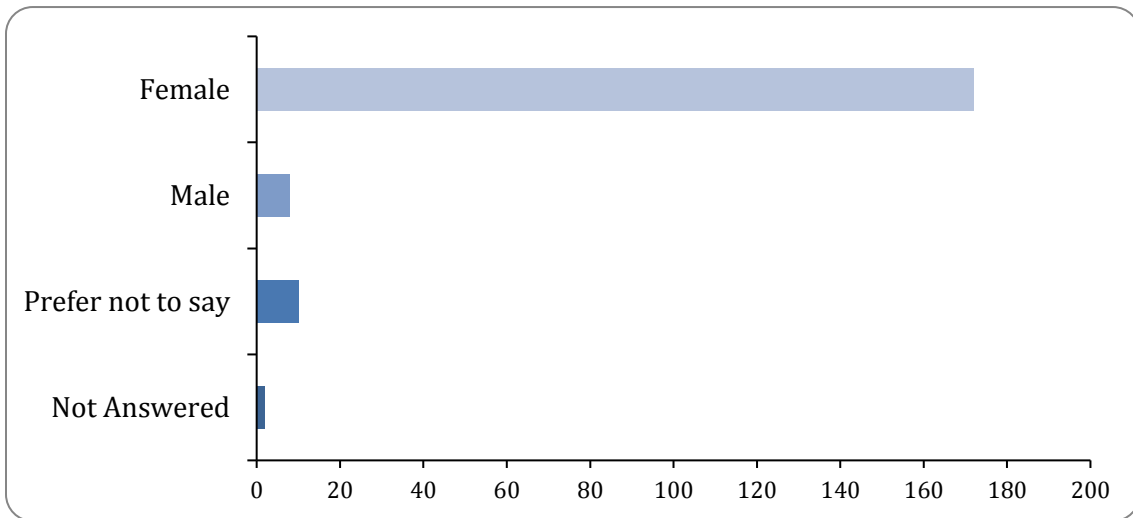
### **other religion**

There were 5 responses to this part of the question.

### **What is your sex?**

#### **sex**

There were 190 responses to this part of the question.

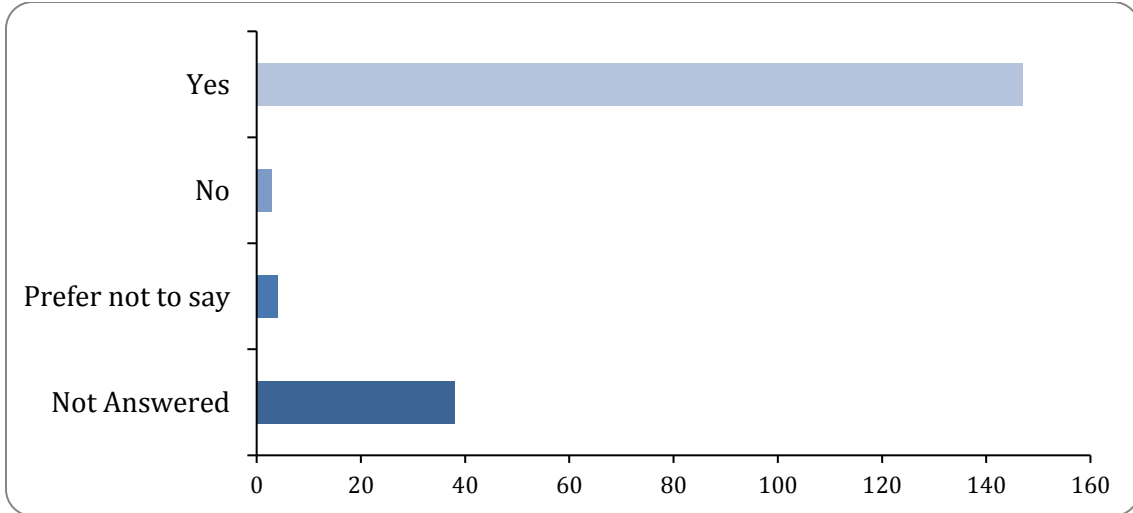


Option	Total	Percent
<b>Female</b>	172	89.58%
<b>Male</b>	8	4.17%
<b>Prefer not to say</b>	10	5.21%
<b>Not Answered</b>	2	1.04%

### **gender same as birth**

There were 154 responses to this part of the question.

## APPENDIX A



Option	Total	Percent
Yes	147	76.56%
No	3	1.56%
Prefer not to say	4	2.08%
Not Answered	38	19.79%

### Other gender

There were 0 responses to this part of the question.