

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?

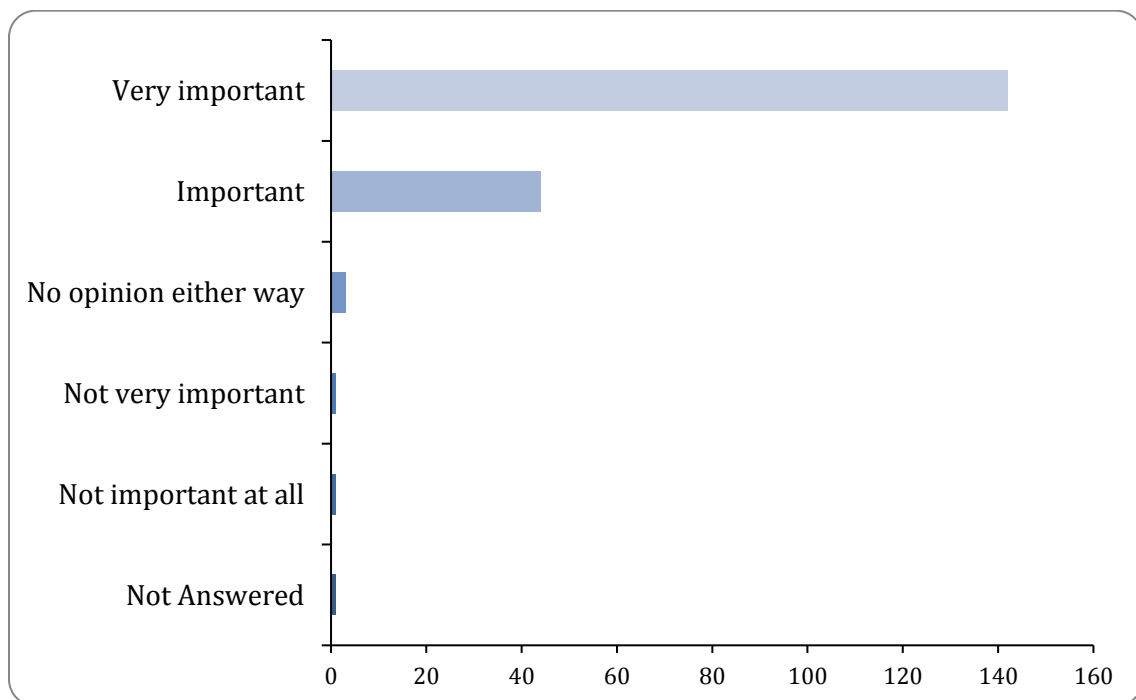
Postcode

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.

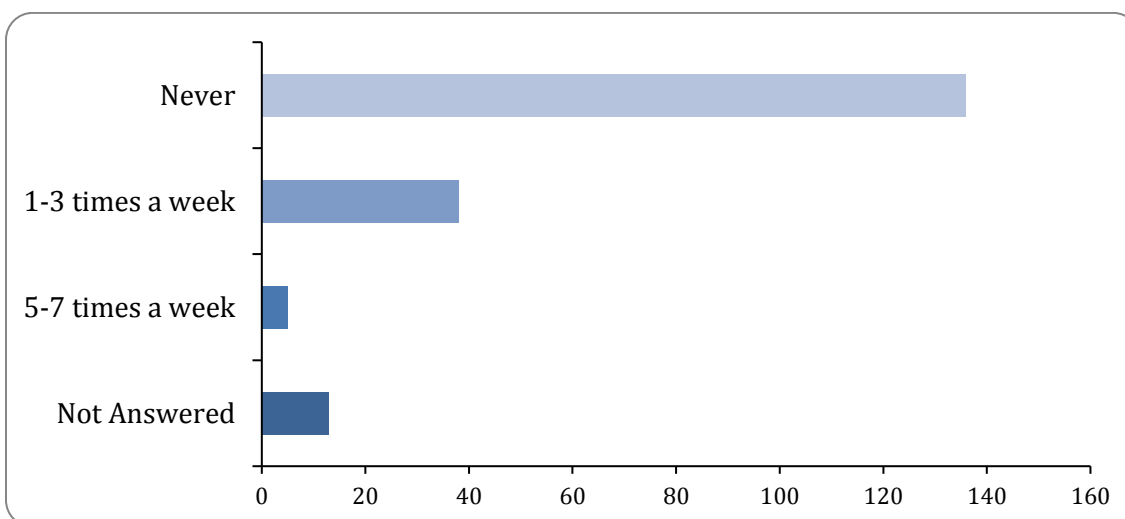


APPENDIX A

| 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.

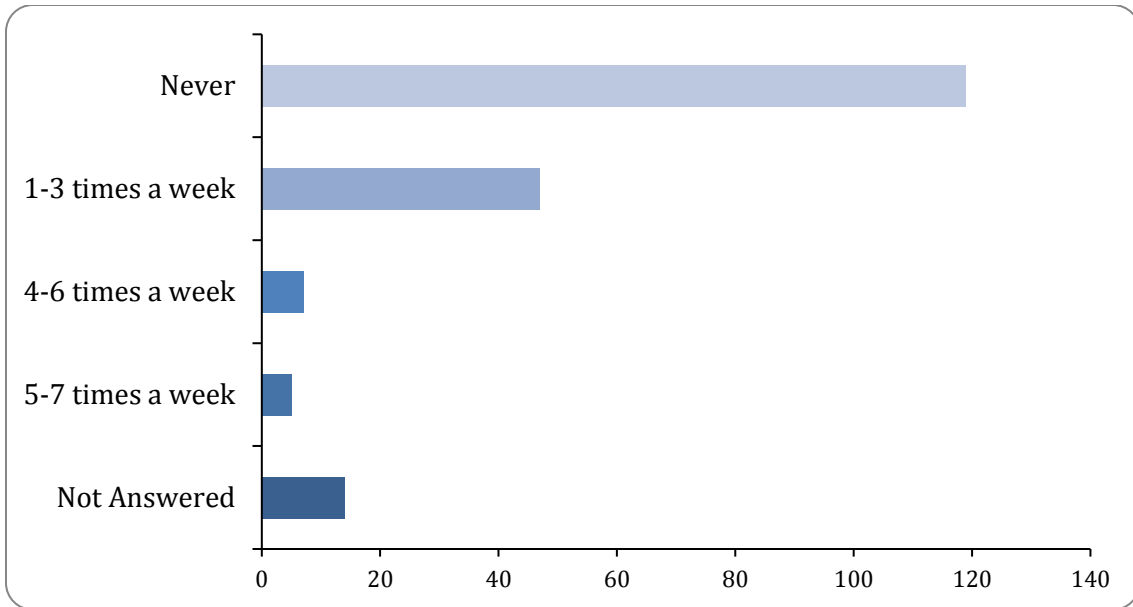


| Option | Total | Percent |
|------------------|-------|---------|
| Never | 136 | 70.83% |
| 1-3 times a week | 38 | 19.79% |
| 4-6 times a week | 0 | 0.00% |
| 5-7 times a week | 5 | 2.60% |
| Not Answered | 13 | 6.77% |

paid-for activity - Leicester City Council Leisure Centre

There were 178 responses to this part of the question.

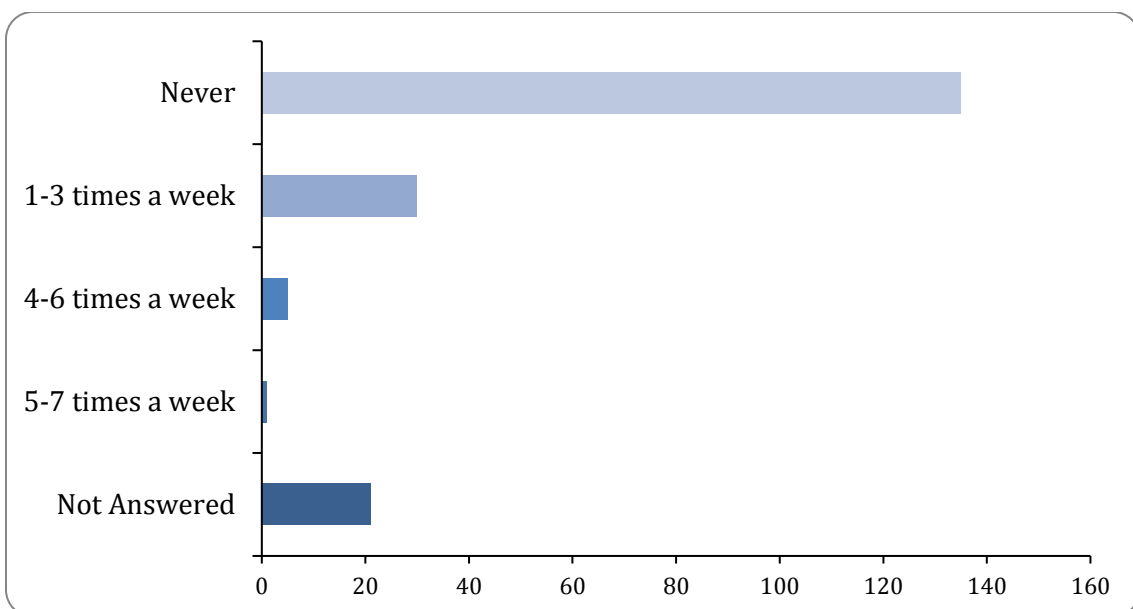
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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 119 | 61.98% |
| 1-3 times a week | 47 | 24.48% |
| 4-6 times a week | 7 | 3.65% |
| 5-7 times a week | 5 | 2.60% |
| Not Answered | 14 | 7.29% |

paid-for activity - Private Gym

There were 171 responses to this part of the question.

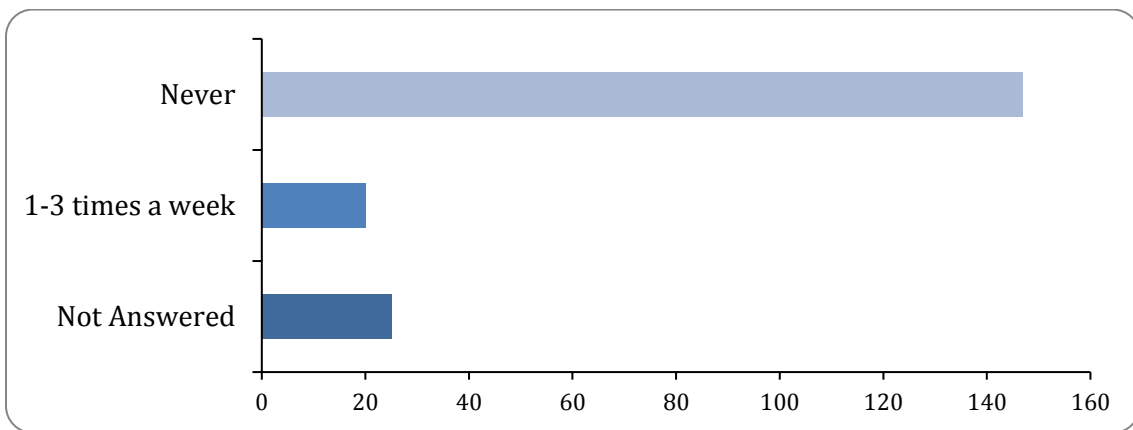


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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 135 | 70.31% |
| 1-3 times a week | 30 | 15.62% |
| 4-6 times a week | 5 | 2.60% |
| 5-7 times a week | 1 | 0.52% |
| Not Answered | 21 | 10.94% |

paid-for activity - Sports Club

There were 167 responses to this part of the question.

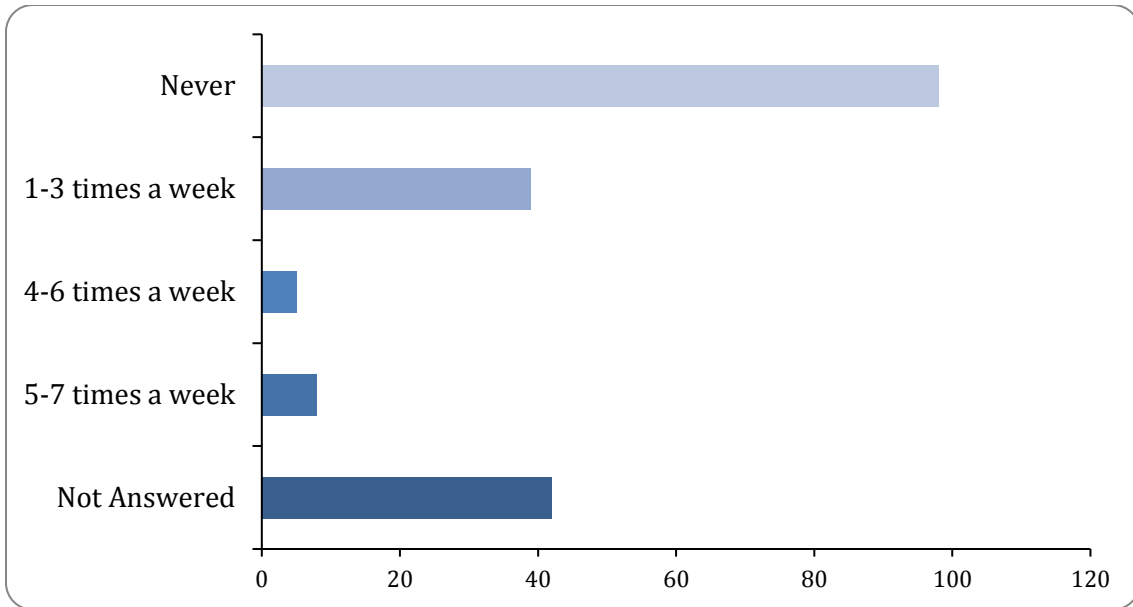


| Option | Total | Percent |
|------------------|-------|---------|
| Never | 147 | 76.56% |
| 1-3 times a week | 20 | 10.42% |
| 4-6 times a week | 0 | 0.00% |
| 5-7 times a week | 0 | 0.00% |
| Not Answered | 25 | 13.02% |

paid-for activity - Other

There were 150 responses to this part of the question.

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| 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

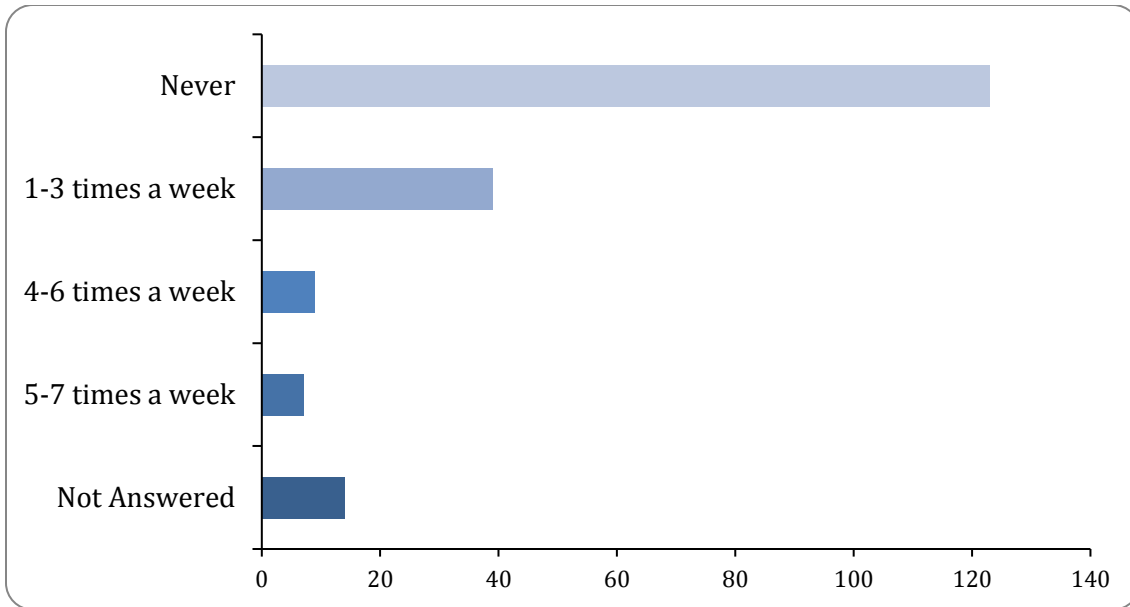
There were 52 responses to this part of the question.

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.

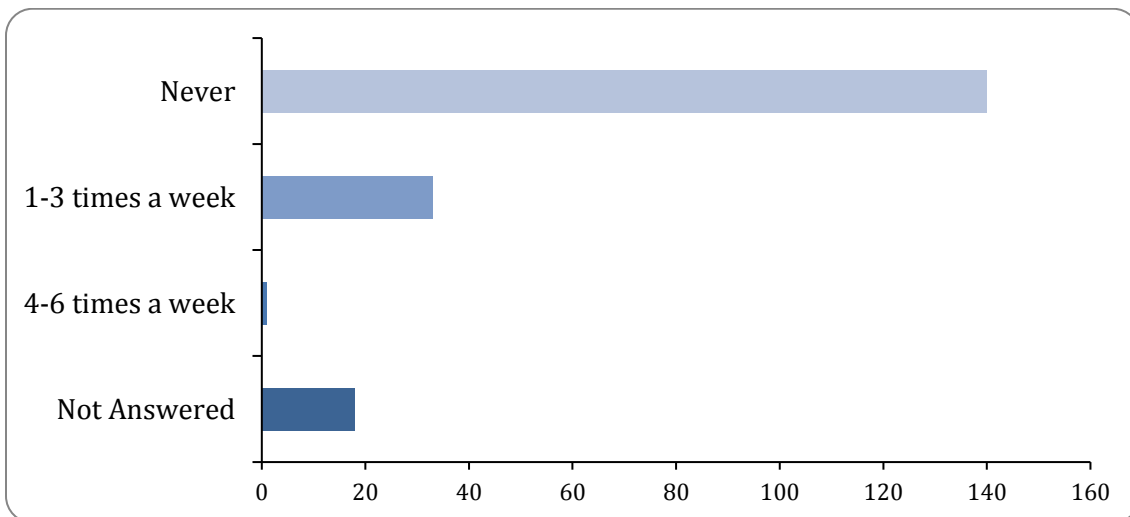
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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 123 | 64.06% |
| 1-3 times a week | 39 | 20.31% |
| 4-6 times a week | 9 | 4.69% |
| 5-7 times a week | 7 | 3.65% |
| Not Answered | 14 | 7.29% |

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

There were 174 responses to this part of the question.

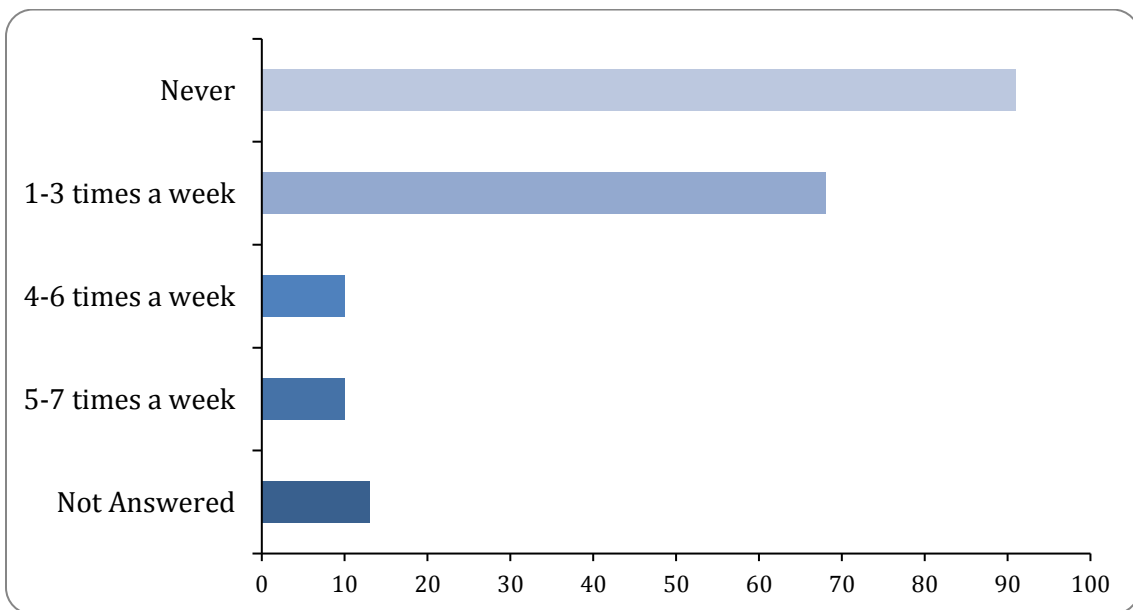


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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 140 | 72.92% |
| 1-3 times a week | 33 | 17.19% |
| 4-6 times a week | 1 | 0.52% |
| 5-7 times a week | 0 | 0.00% |
| Not Answered | 18 | 9.38% |

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

There were 179 responses to this part of the question.

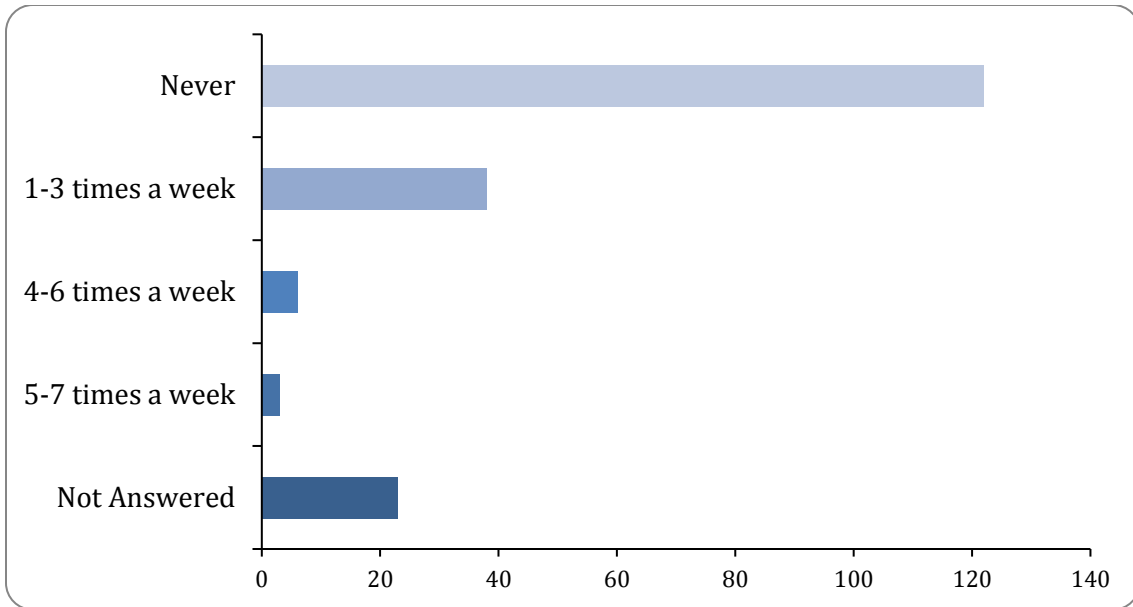


| Option | Total | Percent |
|------------------|-------|---------|
| Never | 91 | 47.40% |
| 1-3 times a week | 68 | 35.42% |
| 4-6 times a week | 10 | 5.21% |
| 5-7 times a week | 10 | 5.21% |
| Not Answered | 13 | 6.77% |

non paid for activity - Home workout (online)

There were 169 responses to this part of the question.

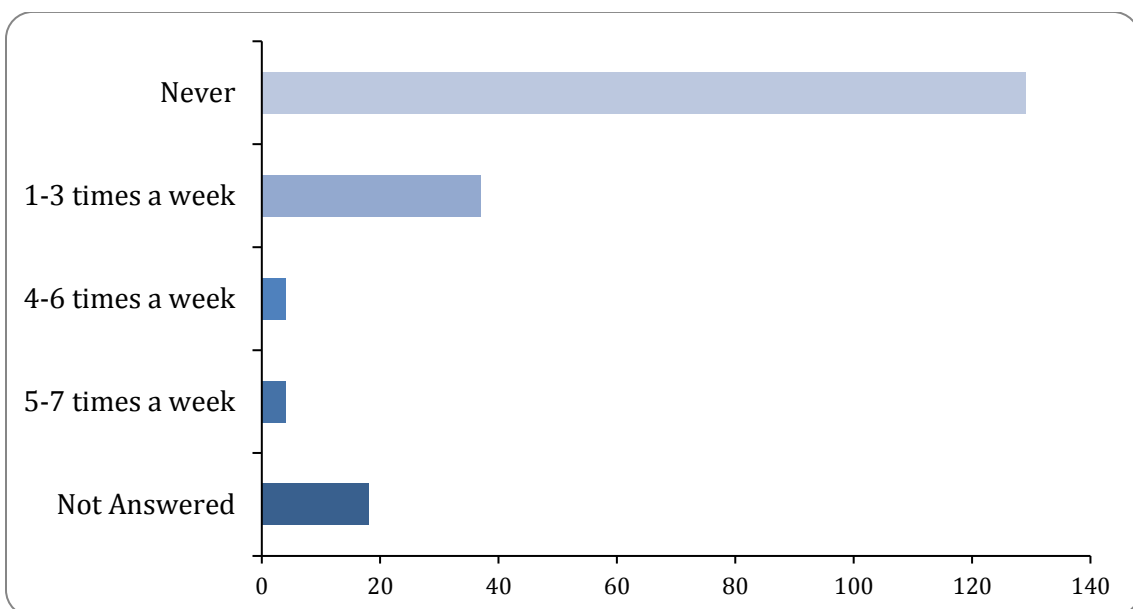
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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 122 | 63.54% |
| 1-3 times a week | 38 | 19.79% |
| 4-6 times a week | 6 | 3.12% |
| 5-7 times a week | 3 | 1.56% |
| Not Answered | 23 | 11.98% |

non paid for activity - Local park / recreational ground workout

There were 174 responses to this part of the question.

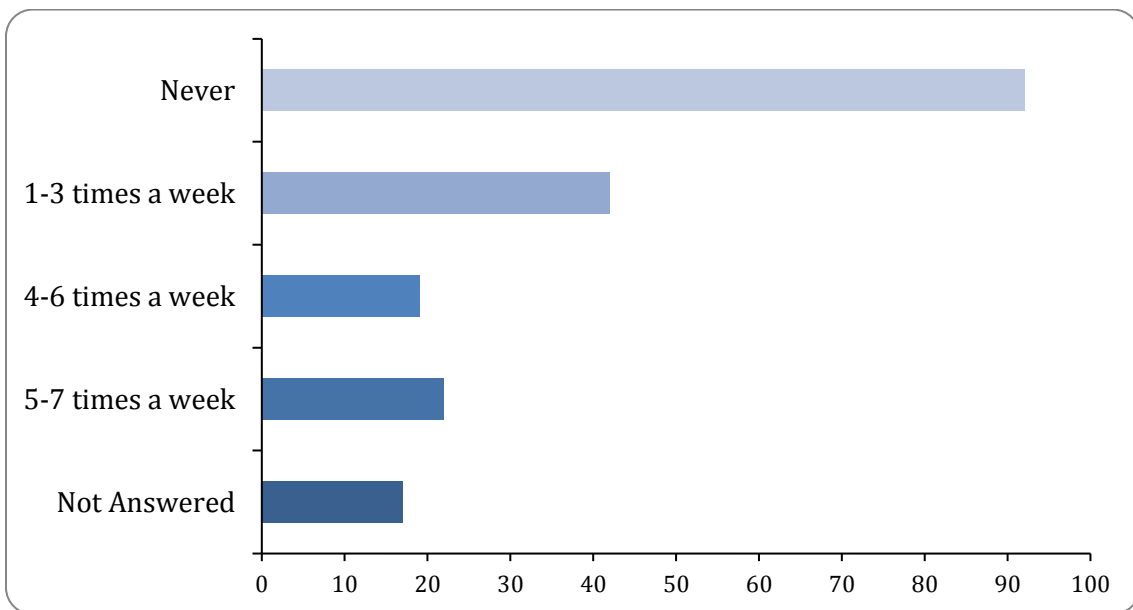


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| Option | Total | Percent |
|------------------|-------|---------|
| Never | 129 | 67.19% |
| 1-3 times a week | 37 | 19.27% |
| 4-6 times a week | 4 | 2.08% |
| 5-7 times a week | 4 | 2.08% |
| Not Answered | 18 | 9.38% |

non paid for activity - Walk to work or school

There were 175 responses to this part of the question.

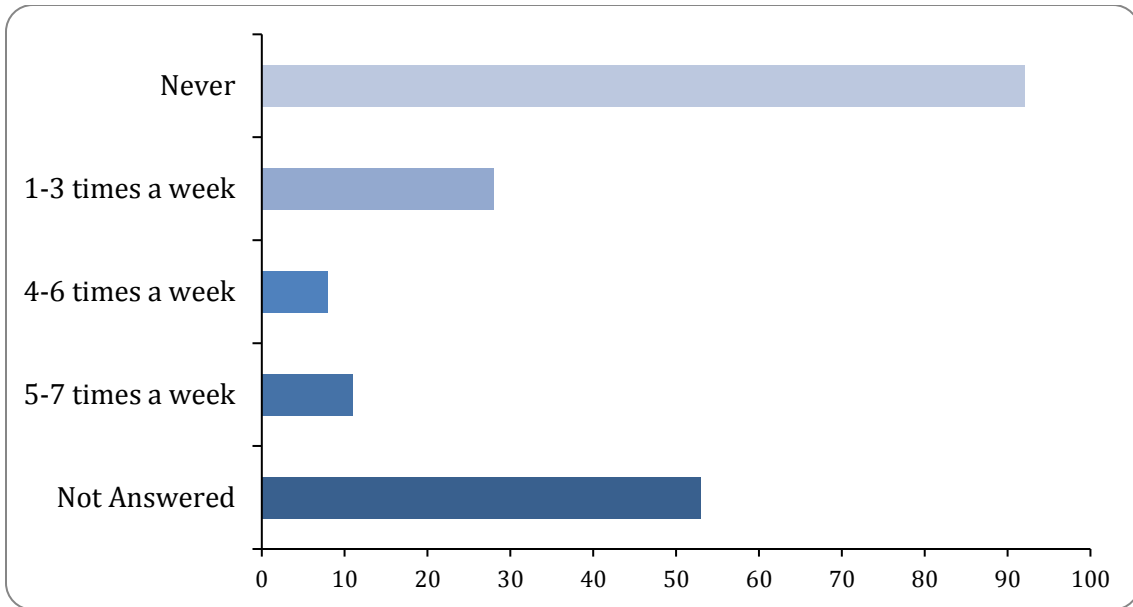


| Option | Total | Percent |
|------------------|-------|---------|
| Never | 92 | 47.92% |
| 1-3 times a week | 42 | 21.88% |
| 4-6 times a week | 19 | 9.90% |
| 5-7 times a week | 22 | 11.46% |
| Not Answered | 17 | 8.85% |

non paid for activity - Other

There were 139 responses to this part of the question.

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| 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% |

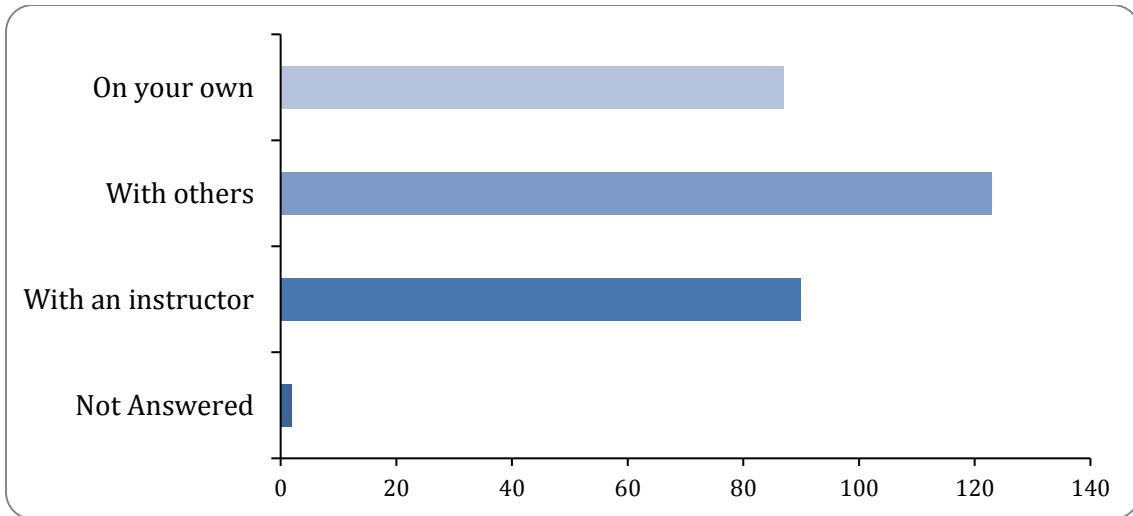
Other paid-for activity

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.

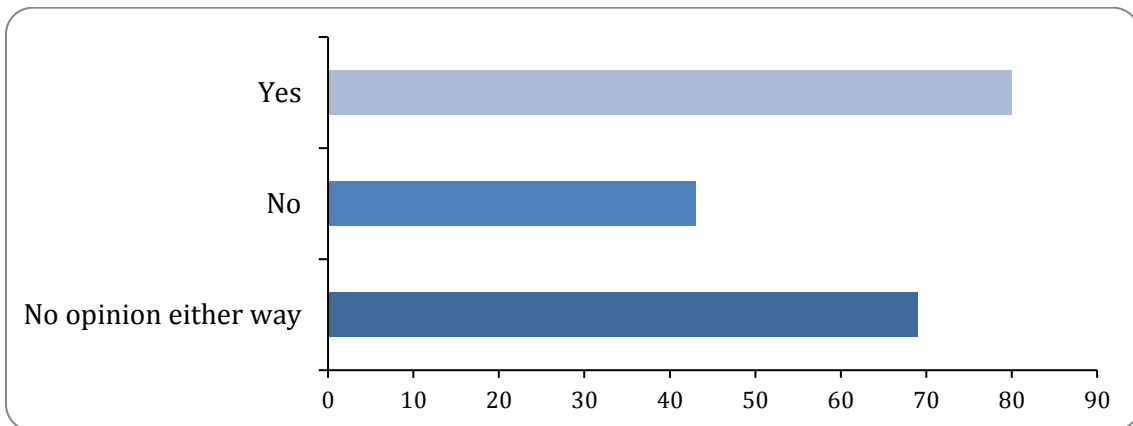
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| Option | Total | Percent |
|--------------------|-------|---------|
| On your own | 87 | 45.31% |
| With others | 123 | 64.06% |
| With an instructor | 90 | 46.88% |
| Not Answered | 2 | 1.04% |

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% |

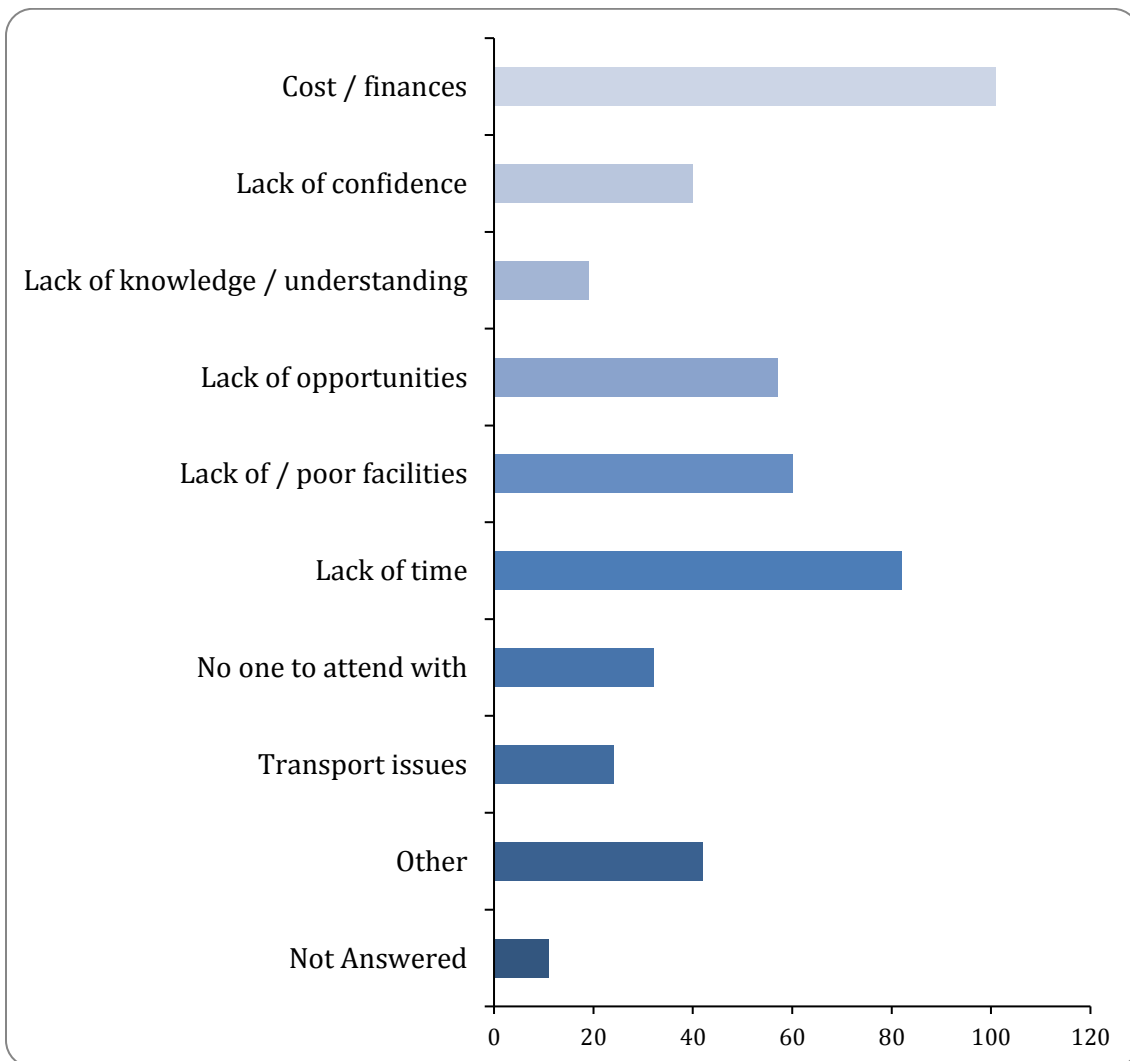
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|------------------------------|----|--------|
| No | 43 | 22.40% |
| No opinion either way | 69 | 35.94% |
| Not Answered | 0 | 0.00% |

**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 |
|------------------------|-------|---------|
| Cost / finances | 101 | 52.60% |

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

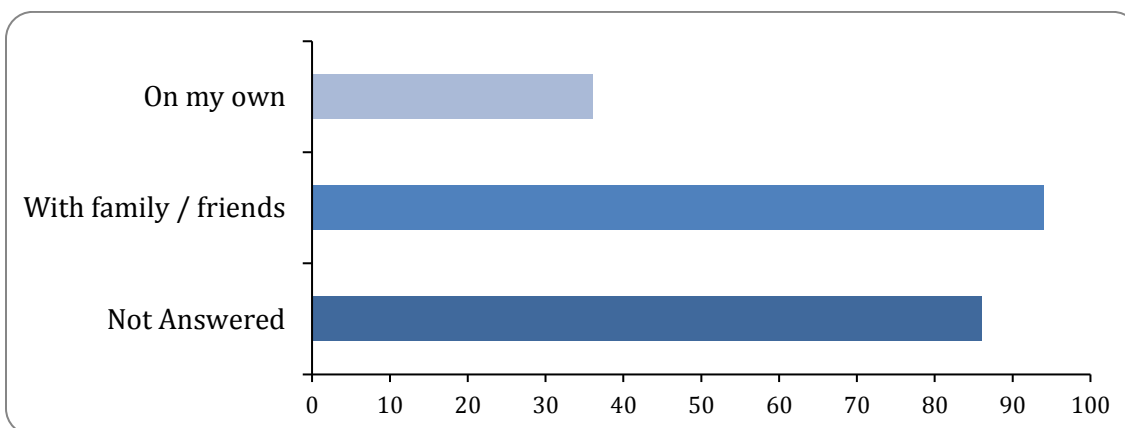
Other barriers

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.

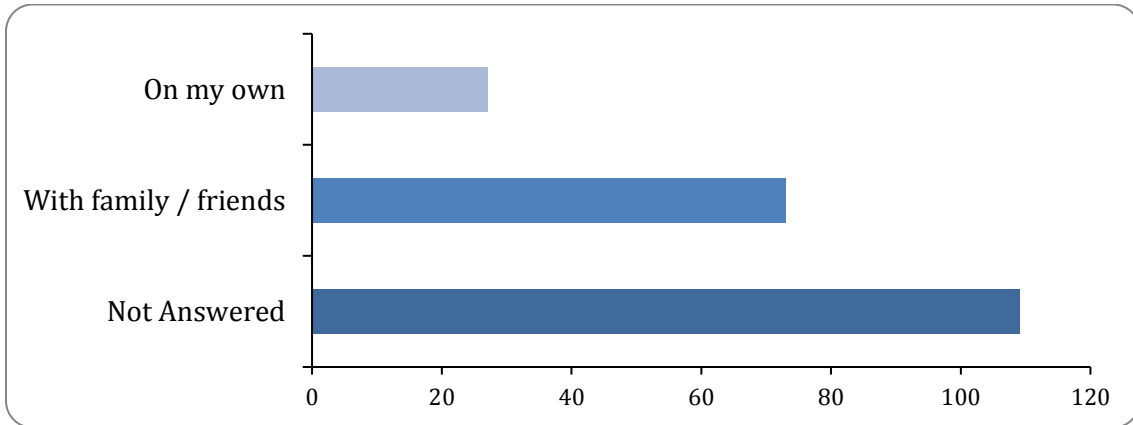


| Option | Total | Percent |
|------------------------------|-------|---------|
| On my own | 36 | 18.75% |
| With family / friends | 94 | 48.96% |
| Not Answered | 86 | 44.79% |

package options - A quiz

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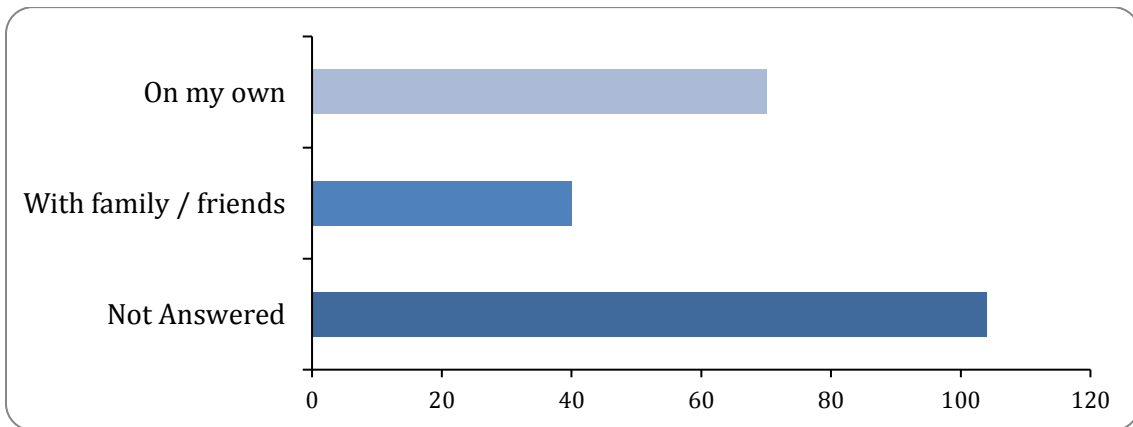
There were 83 responses to this part of the question.



| 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.

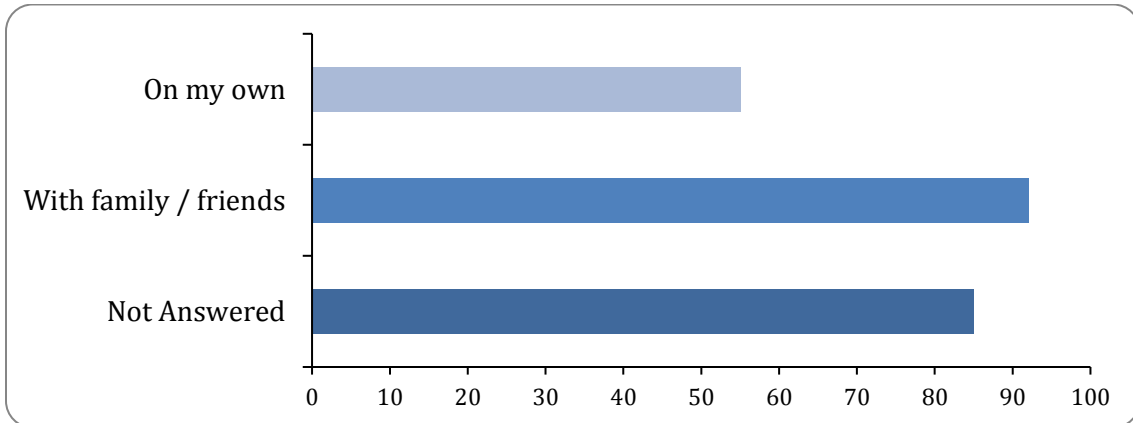


| Option | Total | Percent |
|-----------------------|-------|---------|
| On my own | 70 | 36.46% |
| With family / friends | 40 | 20.83% |
| Not Answered | 104 | 54.17% |

package options - Charity walk or jog

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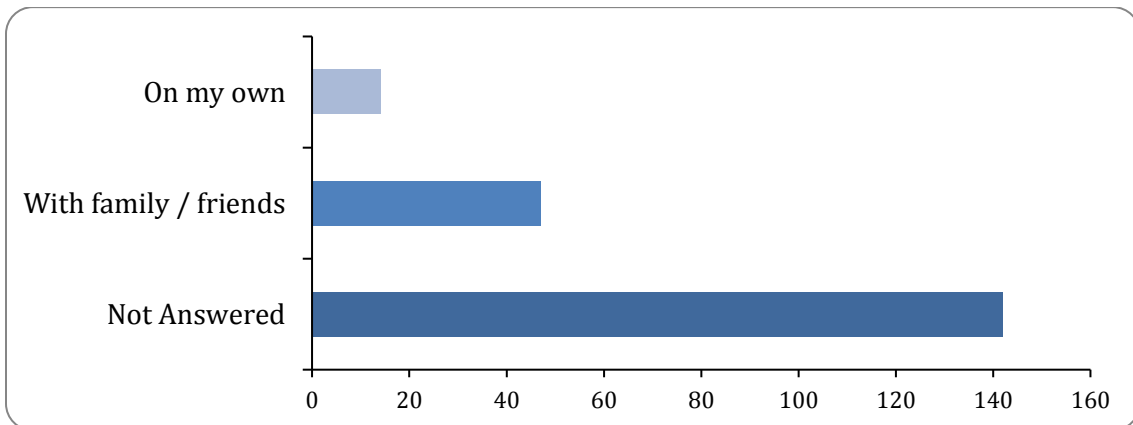
There were 107 responses to this part of the question.



| 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.

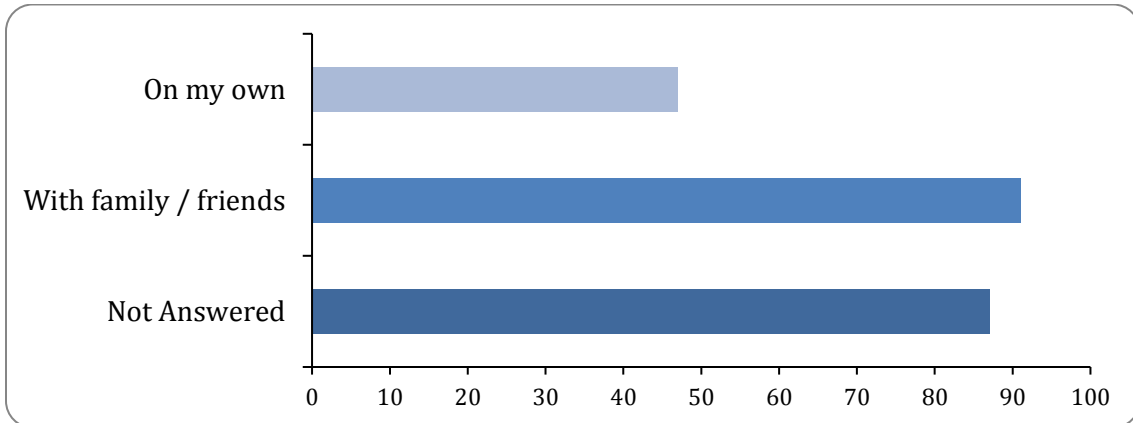


| Option | Total | Percent |
|-----------------------|-------|---------|
| On my own | 14 | 7.29% |
| With family / friends | 47 | 24.48% |
| Not Answered | 142 | 73.96% |

package options - Lunch

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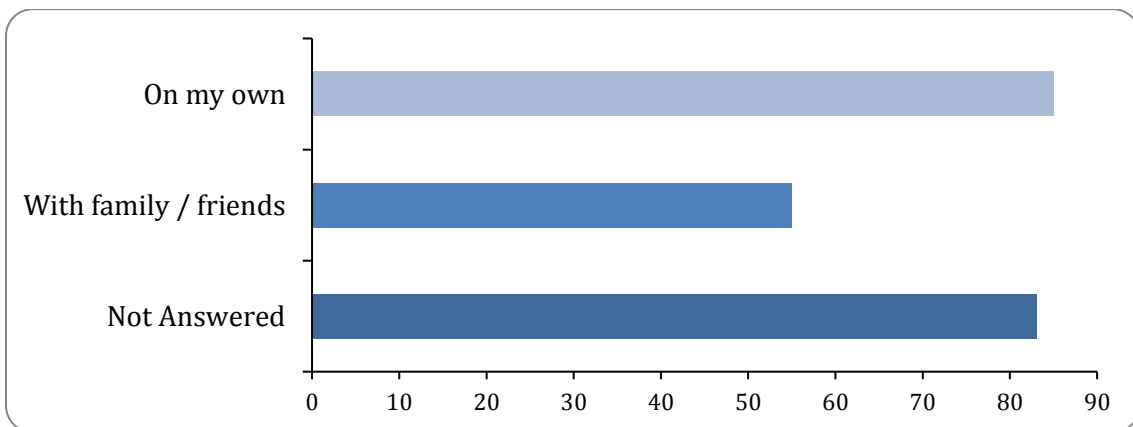
There were 105 responses to this part of the question.



| 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.

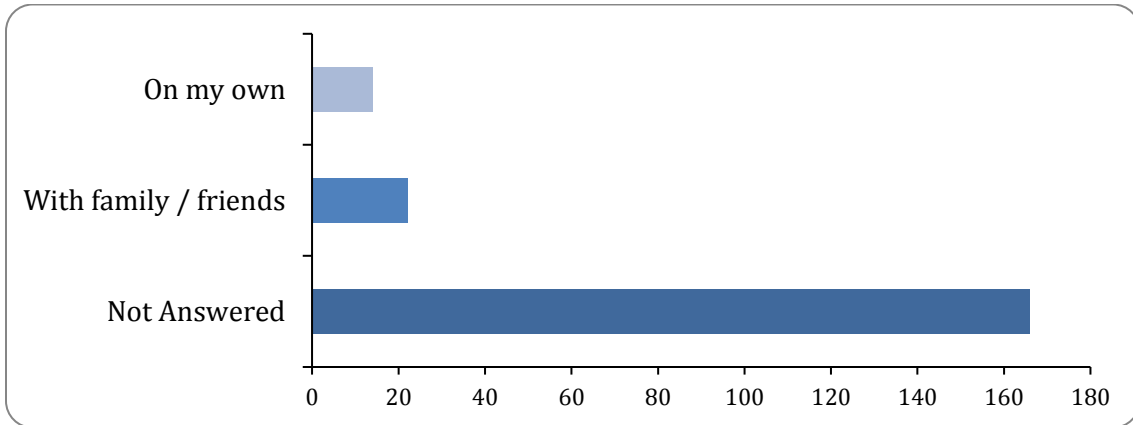


| Option | Total | Percent |
|-----------------------|-------|---------|
| On my own | 85 | 44.27% |
| With family / friends | 55 | 28.65% |
| Not Answered | 83 | 43.23% |

package options - Something else

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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% |

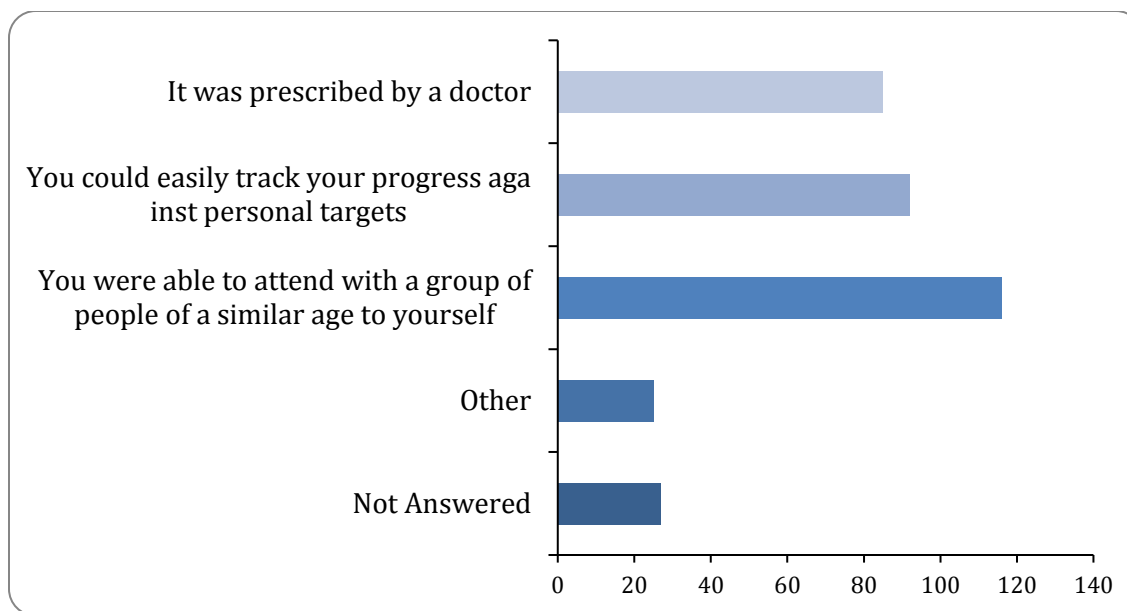
Other package option

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.

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| 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

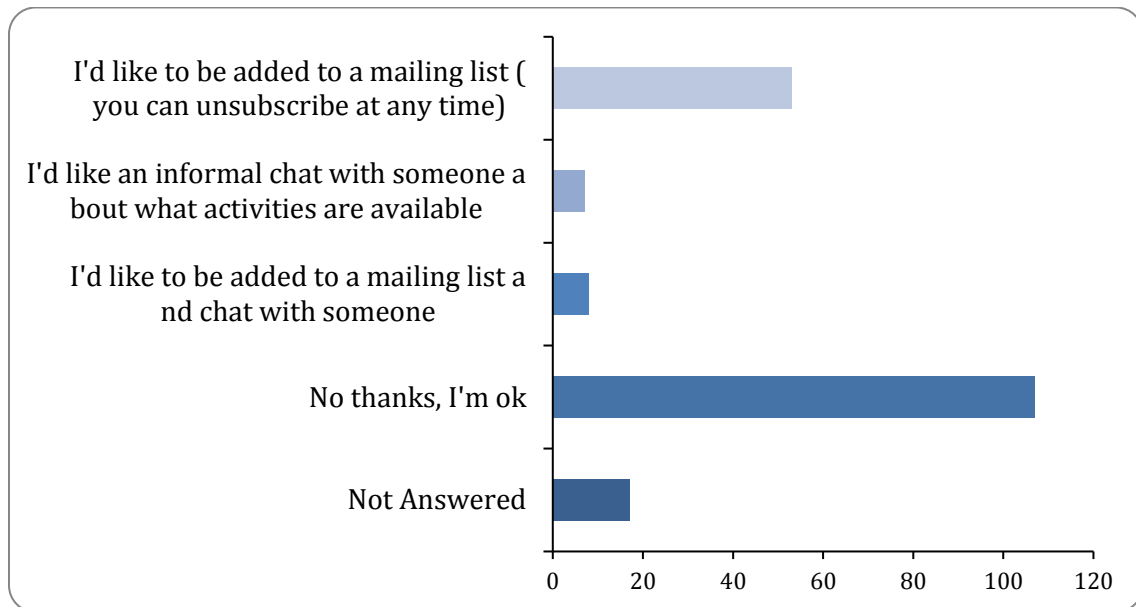
There were 101 responses to this part of the question.

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

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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

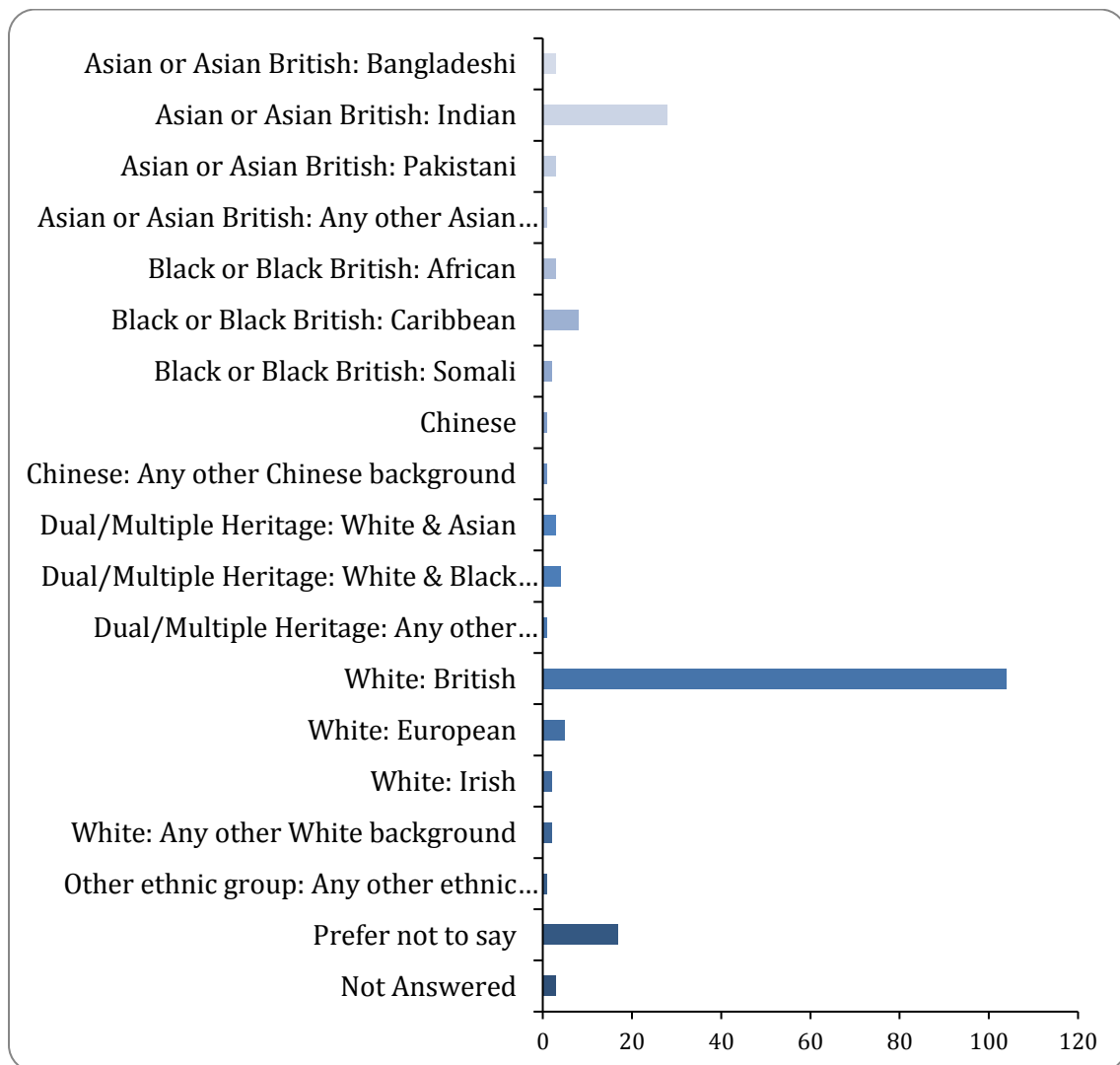
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There were 42 responses to this part of the question.

Ethnic background:

Ethnicity

There were 189 responses to this part of the question.



| Option | Total | Percent |
|---|-------|---------|
| Asian or Asian British: Bangladeshi | 3 | 1.56% |
| Asian or Asian British: Indian | 28 | 14.58% |
| Asian or Asian British: Pakistani | 3 | 1.56% |
| Asian or Asian British: Any other Asian background | 1 | 0.52% |
| Black or Black British: African | 3 | 1.56% |

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

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

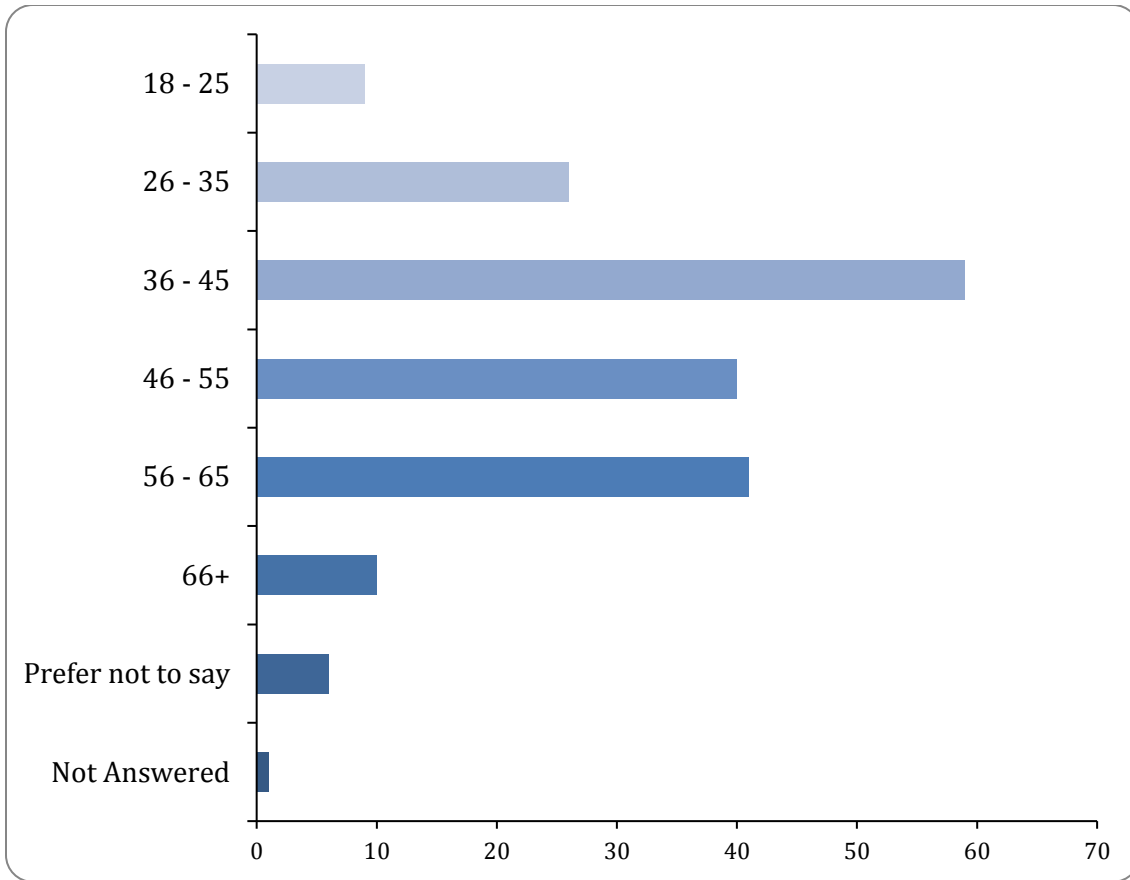
There were 5 responses to this part of the question.

Age:

Age

There were 191 responses to this part of the question.

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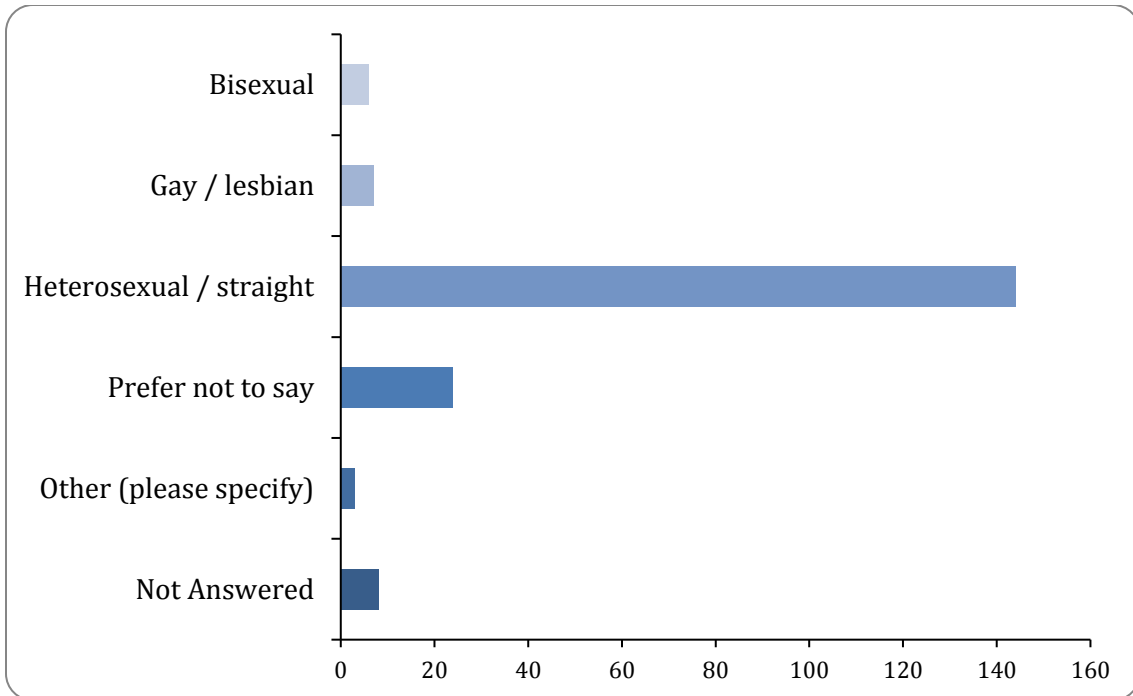


| Option | Total | Percent |
|-------------------|-------|---------|
| under 18 | 0 | 0.00% |
| 18 - 25 | 9 | 4.69% |
| 26 - 35 | 26 | 13.54% |
| 36 - 45 | 59 | 30.73% |
| 46 - 55 | 40 | 20.83% |
| 56 - 65 | 41 | 21.35% |
| 66+ | 10 | 5.21% |
| Prefer not to say | 6 | 3.12% |
| Not Answered | 1 | 0.52%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

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

There were 184 responses to this part of the question.

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| 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

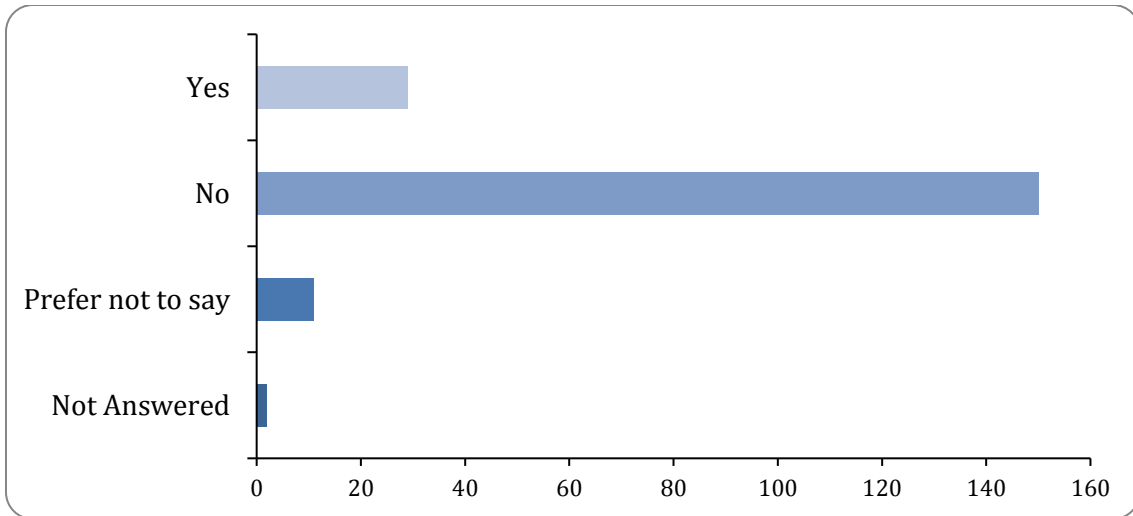
There were 4 responses to this part of the question.

Disability

Q7

There were 190 responses to this part of the question.

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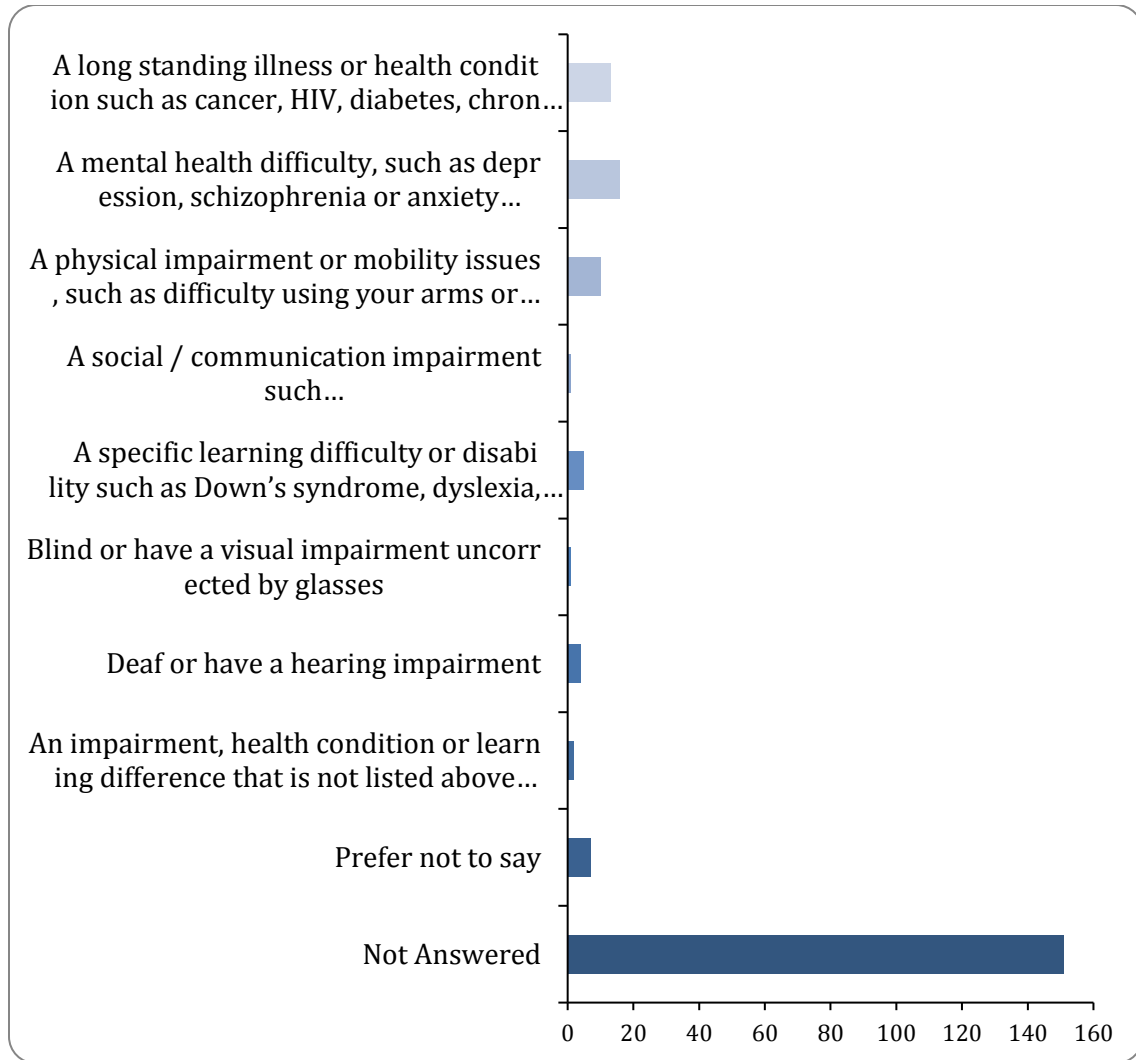


| Option | Total | Percent |
|-------------------|-------|---------|
| Yes | 29 | 15.10% |
| No | 150 | 78.12% |
| Prefer not to say | 11 | 5.73% |
| Not Answered | 2 | 1.04% |

Disability detail

There were 41 responses to this part of the question.

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

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

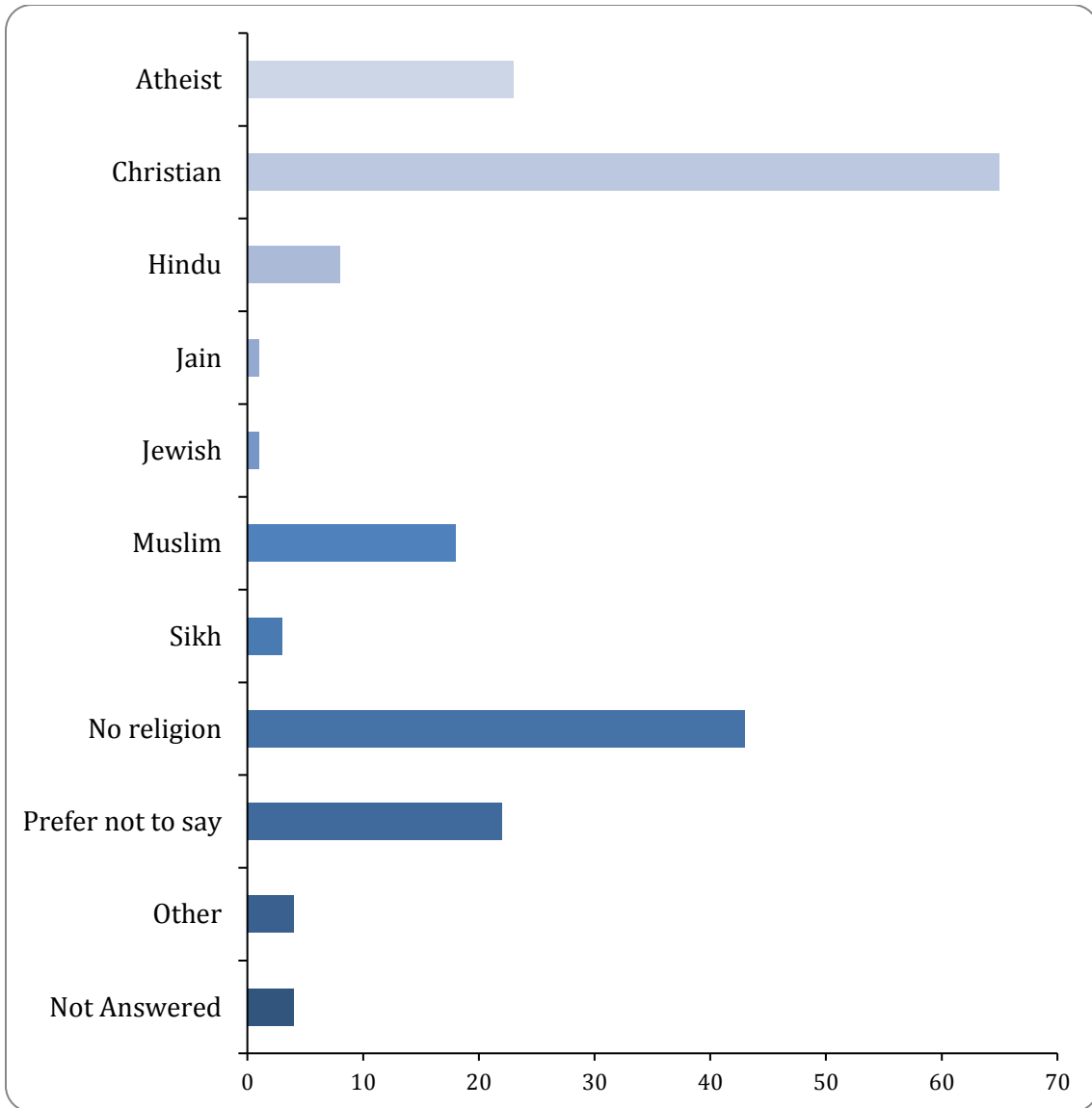
Other disability

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.

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

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|---------------------|---|-------|
| Not Answered | 4 | 2.08% |
|---------------------|---|-------|

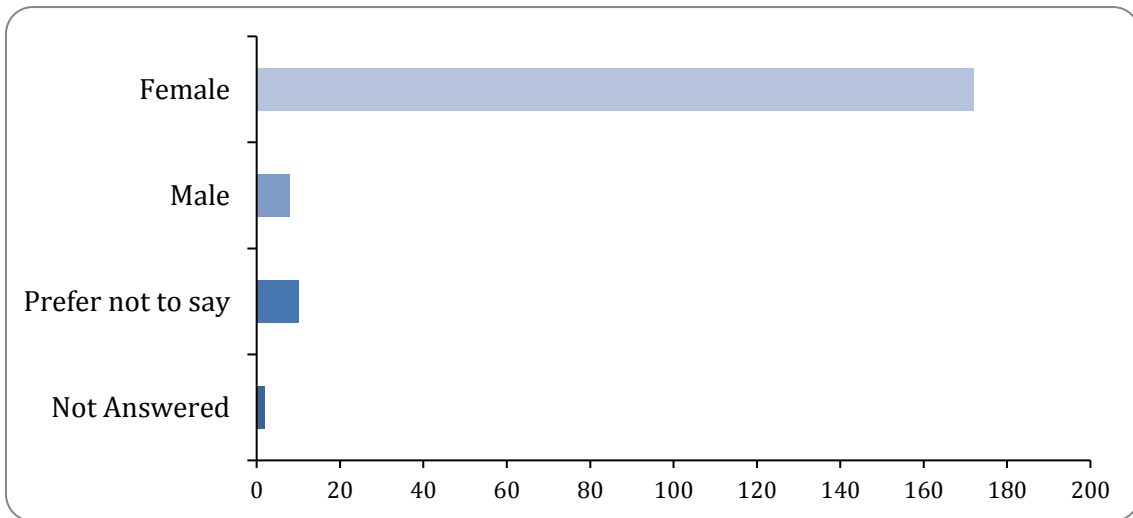
other religion

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.

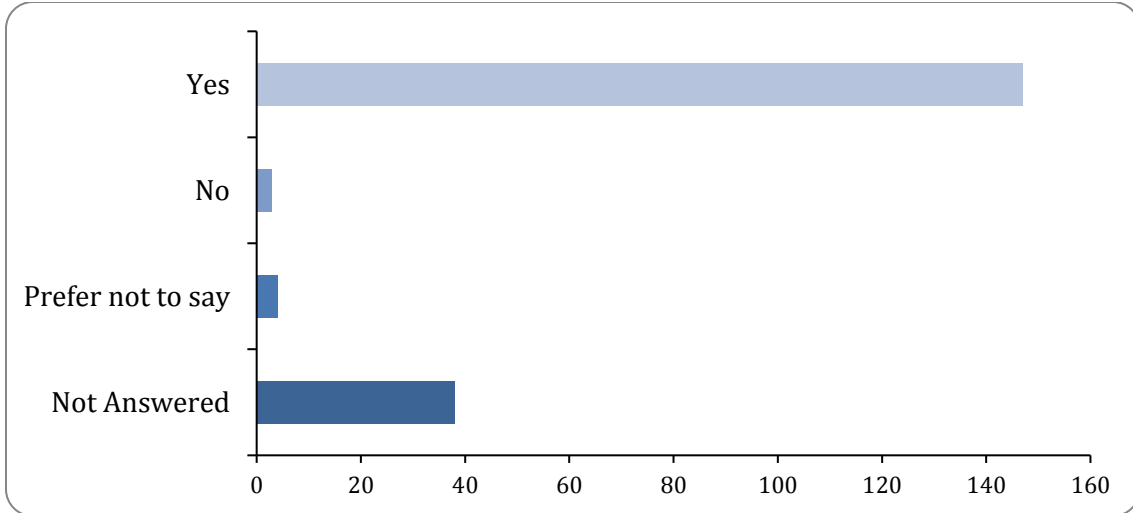


| Option | Total | Percent |
|--------------------------|-------|---------|
| Female | 172 | 89.58% |
| Male | 8 | 4.17% |
| Prefer not to say | 10 | 5.21% |
| Not Answered | 2 | 1.04% |

gender same as birth

There were 154 responses to this part of the question.

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| 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.