

APPENDIX 5: THE LOCAL CONTEXT FOR FACILITIES PROVISION

Introduction

1.1 This section examines the local context of Harborough district and its influence on sports facilities provision. It covers:

- Background
- Population
- Deprivation
- Health
- Sport and physical activity

Background

1.2 Harborough district is in south Leicestershire and borders eleven other local authorities (Blaby, Charnwood, Corby, Daventry, Hinckley and Bosworth, Kettering, Leicester City, Melton, Oadby and Wigston, Rugby and Rutland). A number of large settlements close to the district's borders exert some influence on Harborough, in particular Leicester, Corby, Kettering and Rugby. A number of major road links run through the district, including the M1, A6 and A47.

Population

1.3 **Current population:** The Office of National Statistics (ONS) mid-2016 population estimates for Harborough District indicate 90,300 residents. This represents an increase of 4,918 people (5.8% growth) since the 2011 Census figure of 85,382. Most residents live in towns or large villages such as Market Harborough, Lutterworth, Broughton Astley, Great Glen, Kibworth or Fleckney, although a significant part (25%) of the population resides in small rural settlements. Over 80 villages in the District have a population of fewer than 500 people. Limited public transport means that those living in rural locations wishing to travel have few, if any, alternatives than the use of a private car and this is especially true for evening travel.

1.4 **Age profile:** Harborough's age profile compared with the rest of England is as follows:

- A much higher proportion of the population is aged 45 and over (particularly aged 45 to 64).
- A substantially lower than average percentage of the population is 20 to 34 years old.

- Residents aged 20 to 34 tend to reside in the larger settlements in the District such as Market Harborough or Lutterworth.
- Those aged 45 and over are more likely to live in rural settlements.

1.5 **Population growth:** The ONS mid-2016 sub-national population projections for Harborough in 2036 is 103,700 people. This represents a 14.8% increase from the 2016 population. From 2011 to 2036 there will be 11,700 new houses in the District. Approximately 6,000 have been committed to or are completed. Market Harborough, Lutterworth and Broughton Astley will be the locations for the vast majority of new housing developments.

Deprivation

1.6 Harborough is ranked 313th out of 326 local authorities on the Government's Index of Multiple Deprivation, which makes it one of the least deprived authorities in England. However, about 7% (1,000) of children live in low income families. Life expectancy for both men and women is higher than the England average. Life expectancy is not significantly different for people in the most deprived areas of Harborough than in the least deprived areas.

Health

- 1.7 The 2018 Local Authority Health Profile for Harborough identifies the following:
- The health of people in Harborough is generally better than the England average.
 - Life expectancy for men (81.4 years) and women (84.9 years) in Harborough is well above the respective national averages of 79.5 years and 83.1 years.
 - 11.5% of year 6 children in Harborough are obese, compared with a national average of 20.0%.
 - 56.1% of adults in the district are overweight or obese, compared with a national average of 61.3%.

Sport and physical activity

1.8 **'Active Lives':** In 2017, Sport England replaced the 'Active People' survey with the 'Active Lives' survey, which broadens the definition of engagement in sport and physical activity, with a greater focus on measuring inactivity. 'Sport and physical activity' is defined as 'bouts of at least 10-minutes of moderate or higher intensity sports activities, walking and cycling for leisure or travel, fitness activities and dance'.

1.9 **Physical activity:** The key data for adults (16+) for Harborough, with county, regional and national comparators from the 2017/18 survey is set out below:

- **Active:** The 'Active' population is defined as those doing at least 150 minutes of the above activities per week.
- **Fairly active:** The 'Fairly active' population is defined as those doing at between 30 and 149 minutes of the above activities per week.
- **Inactive:** The 'Inactive' population is defined as those doing at 30 minutes or less of the above activities per week.

| Area | Active | Fairly active | Inactive |
|----------------------------|---------------|----------------------|-----------------|
| Harborough | 63.4% | 13.2% | 22.7% |
| Leicestershire and Rutland | 59.0% | 13.9% | 27.8% |
| East Midlands | 59.0% | 14.0% | 27.0% |
| England | 60.6% | 13.8% | 25.6% |

1.10 **Physical inactivity:** More detailed analysis of the levels of physical inactivity for adults (16+) in Harborough, with county, regional and national comparators is set out below. The percentages relate to the respective proportions of the inactive population in each of the featured areas:

- **Not enough:** The 'Not enough' population is defined as those doing 1 - 29 minutes of sport and physical activity per week.
- **Light only:** The 'Light only' population is defined as those having done only light intensity activity in the past 28 days.
- **None at all:** The 'None at all' population is defined as those having done no activity in the past 28 days.

| Area | Not enough | Light only | None at all |
|----------------------------|-------------------|-------------------|--------------------|
| Harborough | 5.1% | 35.3% | 59.6% |
| Leicestershire and Rutland | 6.7% | 32.1% | 60.9% |
| East Midlands | 6.6% | 34.5% | 58.8% |
| England | 6.8% | 36.7% | 56.6% |

1.11 **Volunteering:** The proportion of adults (16+) in Harborough, the county, the region and England as a whole who have volunteered in a sport and physical activity role in the past year is set out below.

| Area | % Volunteering |
|----------------------------|-----------------------|
| Harborough | 17.0% |
| Leicestershire and Rutland | 14.3% |
| East Midlands | 14.5% |
| England | 13.9% |

Survey of local sport and physical activity patterns

1.12 **Introduction:** In 2017, HDC undertook a detailed community consultation exercise on sport and physical activity needs and aspirations. The engagement process involved:

- An on-line residents survey
- A street survey
- A sports club forum
- Engagement with schools and under 18s
- A parish councils meeting
- Engagement with residents with learning and physical disabilities
- Engagement with current leisure centre users
- Drop-in sessions
- Luncheon Club and GP surgeries

A total of 2,321 people completed the survey and the key findings are detailed below.

1.13 **Activity levels:** Respondent were asked to identify, in a typical week, how much time they spent undertaking moderate physical activity. From the 2,321 people who answered this question, almost half, 46.32% spent 2hrs 30min or more undertaking physical activity, 38.82% undertook 31min to 2hrs 30mins, 10.34% respondents undertook up to 30mins of activities and 4.52% did not undertake any moderate physical activity. The types of activity reported were as follows:

| Activity | At least once a week | | At least once a month | | Would like to do more | | Total |
|---|-----------------------------|------|------------------------------|-----|------------------------------|-----|--------------|
| Activities at home (e.g. gardening) | 89.21% | 1719 | 7.84% | 151 | 4.36% | 84 | 1927 |
| Walking (moderate to high intensity) | 83.22% | 1527 | 10.41% | 191 | 8.88% | 163 | 1835 |
| Jogging (on roads, in parks, or footpaths) | 50.65% | 429 | 19.72% | 167 | 31.29% | 265 | 847 |
| Cycling | 37.48% | 389 | 22.35% | 232 | 42.77% | 444 | 1038 |
| Swimming | 32.88% | 455 | 13.73% | 190 | 56.72% | 785 | 1384 |
| Gym or exercise classes in a public facility | 50.34% | 593 | 6.37% | 75 | 44.91% | 529 | 1178 |
| Gym or exercise classes in a private facility | 47.97% | 414 | 7.07% | 61 | 46.70% | 403 | 863 |
| Indoor sport in a public facility | 28.39% | 251 | 8.71% | 77 | 65.16% | 576 | 884 |
| Indoor sport in a private facility or school | 37.36% | 229 | 7.83% | 48 | 56.12% | 344 | 613 |
| Classes in village and community halls | 36.91% | 306 | 6.63% | 55 | 58.50% | 485 | 829 |
| Outdoor sport (e.g. football, cricket) | 49.85% | 322 | 10.84% | 70 | 40.56% | 262 | 646 |
| Outdoor group classes (e.g. parkrun) | 27.63% | 176 | 15.70% | 100 | 58.40% | 372 | 637 |
| Outdoor gym | 12.55% | 61 | 8.64% | 42 | 79.42% | 386 | 486 |

- 1.14 **Barriers to participation:** Respondents were asked what prevents them from being as active as they would like to be. Just over a third of respondents (33.9%) felt this was due to a lack of local facilities, such as availability of facilities within their village. The next highest contributing factors were time constraints (24.7%), health (9.8%) and work commitments (9.1%).
- 1.15 **Factors that would encourage participation:** 26.7% of respondents felt more local facilities would help them become more active. Some of the local services suggested included more provision in villages and access to a local swimming pool/leisure centre. 15.5% wanted a larger range of indoor facilities and 14.1% would like improved travel/access to facilities.
- 1.16 **Exported demand:** 28.5% of respondents use sports facilities outside Harborough district, with Corby and Enderby Leisure Centres being the most frequently cited. The most frequently stipulated reasons for this were the location of the facilities (42%), the cleanliness of the facilities (39%), the opening hours (34%), value for money (33%) and the availability of specialist facilities (30%).
- 1.17 **Use of Market Harborough Leisure Centre:** Respondents were asked about their use of Market Harborough Leisure Centre and the key responses were as follows:

- **Facilities used:** These were recorded as follows:

| Facility | % Respondents |
|--|----------------------|
| Classes and activities | 32.31% |
| Gym | 44.37% |
| General swimming | 66.22% |
| Children's swimming lessons | 19.17% |
| Children's activities and school holiday clubs | 7.91% |
| Sports hall activities (e.g. badminton) | 15.82% |
| Club activities (e.g. gymnastics) | 9.65% |

- **Frequency of use:** This was recorded as follows:

| Frequency of use | % Respondents |
|-------------------------|----------------------|
| 4 or more times a week | 17.31% |
| 1 to 3 times a week | 53.88% |
| 1 to 3 times a month | 14.21% |
| Less than once a month | 14.60% |

- **Mode of transport:** This was recorded as follows:

| Mode of transport | % Respondents |
|--------------------------|----------------------|
| Car | 80.61% |
| Bike | 5.87% |
| Walk | 12.84% |
| Public transport | 0.68% |

- **Valued features of the Centre:** These were recorded as follows:

| Feature | Very Important | | Quite Important | | Not Important | | No Opinion | |
|--|----------------|-------|-----------------|-------|---------------|-------|------------|-------|
| | % | Count | % | Count | % | Count | % | Count |
| Swimming pool | 80.51% | 814 | 13.06% | 132 | 3.17% | 32 | 3.36% | 34 |
| Gym | 60.77% | 587 | 23.50% | 227 | 10.66% | 103 | 5.18% | 50 |
| Learner swimming pool | 42.33% | 389 | 22.42% | 206 | 21.65% | 199 | 14.04% | 129 |
| Beach/family swimming pool | 42.72% | 396 | 23.09% | 214 | 23.09% | 214 | 11.65% | 108 |
| Sports hall | 45.24% | 423 | 29.95% | 280 | 12.94% | 121 | 12.30% | 115 |
| Specialist equipment | 37.95% | 356 | 31.45% | 295 | 19.51% | 183 | 11.30% | 106 |
| Specialist rooms or facilities | 18.96% | 179 | 36.33% | 343 | 29.45% | 278 | 15.47% | 146 |
| Accessible facilities | 48.24% | 452 | 26.25% | 246 | 13.55% | 127 | 12.49% | 117 |
| Tennis/ netball courts | 20.94% | 191 | 33.22% | 303 | 28.95% | 264 | 17.00% | 155 |
| Indoor bowling | 10.79% | 101 | 15.38% | 144 | 47.97% | 449 | 26.07% | 244 |
| Website and booking systems | 58.09% | 567 | 30.84% | 301 | 6.97% | 68 | 4.51% | 44 |
| Changing facilities | 75.40% | 763 | 18.97% | 192 | 3.75% | 38 | 2.08% | 21 |
| Food and beverage facilities | 27.21% | 265 | 39.43% | 384 | 28.44% | 277 | 5.34% | 52 |
| Social facilities | 27.61% | 267 | 38.57% | 373 | 26.47% | 256 | 7.45% | 72 |
| Crèche | 15.29% | 137 | 20.42% | 183 | 39.29% | 352 | 25.45% | 228 |
| Car parking | 72.53% | 742 | 20.72% | 212 | 4.40% | 45 | 2.64% | 27 |
| Cleanliness, condition and maintenance of the facilities | 92.28% | 968 | 6.01% | 63 | 0.86% | 9 | 1.14% | 12 |

- **Future desired provision:** This was recorded as follows:

| Facility | % Respondents |
|--|---------------|
| Activities offered at other locations across the district e.g. local community halls | 31.35% |
| Local sport and physical activities advertised in one place e.g. website or app | 36.56% |
| Introduce a new sport or activity | 22.68% |
| More available time or facilities for a particular activity | 34.94% |
| More activities for young people | 22.68% |
| More activities tailored to the 55+ age group | 27.14% |
| Opening hours | 27.26% |

1.18 **Use of Lutterworth Leisure Centre:** Respondents were asked about their use of Market Harborough Leisure Centre and the key responses were as follows:

- **Facilities used:** These were recorded as follows:

| Facility | % Respondents |
|--|---------------|
| Classes and activities | 36.40% |
| Gym | 44.14% |
| General swimming | 62.52% |
| Children's swimming lessons | 20.54% |
| Children's activities and school holiday clubs | 6.13% |
| Sports hall activities (e.g. badminton) | 16.58% |
| Club activities (e.g. gymnastics) | 7.21% |

- **Frequency of use:** This was recorded as follows:

| Frequency of use | % Respondents |
|-------------------------|----------------------|
| 4 or more times a week | 13.95% |
| 1 to 3 times a week | 50.81% |
| 1 to 3 times a month | 15.92% |
| Less than once a month | 19.32% |

- **Mode of transport:** This was recorded as follows:

| Mode of transport | % Respondents |
|--------------------------|----------------------|
| Car | 85.84% |
| Bike | 2.15% |
| Walk | 9.50% |
| Public transport | 2.51% |

- **Valued features of the Centre:** These were recorded as follows:

| Feature | Very Important | | Quite Important | | Not Important | | No Opinion | |
|--|-----------------------|-----|------------------------|-----|----------------------|-----|-------------------|-----|
| Swimming pool | 57.05% | 591 | 12.07% | 125 | 6.27% | 65 | 24.81% | 257 |
| Gym | 40.79% | 412 | 18.51% | 187 | 11.49% | 116 | 29.60% | 299 |
| Sports hall | 26.92% | 263 | 23.34% | 228 | 15.97% | 156 | 34.19% | 334 |
| Specialist equipment | 23.30% | 229 | 22.89% | 225 | 19.02% | 187 | 35.61% | 350 |
| Specialist rooms or facilities | 11.09% | 108 | 23.82% | 232 | 27.10% | 264 | 38.40% | 374 |
| Accessible facilities | 28.44% | 281 | 20.95% | 207 | 15.79% | 156 | 35.12% | 347 |
| Tennis/ netball courts | 12.06% | 117 | 20.21% | 196 | 28.14% | 273 | 39.79% | 386 |
| Website and booking systems | 34.86% | 351 | 25.72% | 259 | 10.33% | 104 | 29.29% | 295 |
| Changing facilities | 50.68% | 518 | 17.32% | 177 | 6.16% | 63 | 26.32% | 269 |
| Food and beverage facilities | 18.10% | 183 | 27.30% | 276 | 24.83% | 251 | 30.17% | 305 |
| Social facilities | 19.05% | 189 | 28.63% | 284 | 21.98% | 218 | 30.54% | 303 |
| Crèche | 10.59% | 102 | 12.88% | 124 | 33.54% | 323 | 43.51% | 419 |
| Car parking | 44.13% | 455 | 22.70% | 234 | 7.76% | 80 | 25.70% | 265 |
| Cleanliness, condition and maintenance of the facilities | 64.84% | 673 | 7.61% | 79 | 3.18% | 33 | 24.47% | 254 |

- **Future desired provision:** This was recorded as follows:

| Facility | % Respondents |
|--|----------------------|
| Activities offered at other locations across the district e.g. local community halls | 42.86% |
| Local sport and physical activities advertised in one place e.g. website or app | 25.99% |
| Introduce a new sport or activity | 19.76% |
| More available time or facilities for a particular activity | 29.94% |
| More activities for young people | 21.73% |
| More activities tailored to the 55+ age group | 25.53% |
| Opening hours | 20.82% |

The implications of the local context for facilities provision

1.19 The implications of the local context sports facilities provision in Harborough are:

- **Proximity to external provision:** The proximity of Leicester, Corby, Kettering and Rugby to the borders of Harborough means that the pull exerted on Harborough residents by external facilities is significant. The local community survey identified that 28% of respondents use sports facilities in neighbouring areas.
- **The significance of rural communities:** A significant part (25%) of the population resides in small rural settlements. Over 80 villages in the District have a population of fewer than 500 people. The local community survey identified the delivery of sport and physical activity in accessible locations such as village and community halls as the most frequently cited preference for future provision.
- **Age profile:** The district has a relatively elderly age profile and this trend is projected to continue. Making facilities provision and delivering related activity programmes that have appeal to older people will therefore be increasingly important.
- **Population growth:** The population of the district is projected to rise by 14.8% by 2036, which will have a significant bearing on levels of demand for facilities for sport and physical activity.
- **Deprivation:** Levels of deprivation are relatively low in Harborough and since affluence is strongly correlated with higher levels of participation in sport and physical activity, local demand levels are likely to be commensurately high.
- **Local health indices:** Harborough has a relatively healthy population, with life expectancy well above the respective national averages for men and women and levels of obesity being well below the national averages for both adults and young people.
- **Local participation rates:** As anticipated by the demographic factors examined above, the 'Active Lives' survey identifies that Harborough has a relatively active population, with participation rates well above the county, regional and national averages.
- **The role of the leisure centres:** The local community survey highlights the value placed on the leisure centres, with around two-thirds of respondents using the facilities at least once a week. The most strongly valued elements of both centres are the pools and fitness facilities.
- **The case for local scale facilities:** Notwithstanding the important role of the leisure centres, there is a strong lobby for more local scale facilities and activity

programmes, utilising village and community halls. A hierarchy of provision to address the full spectrum of needs should therefore be considered.

- ***The importance of car transport:*** More than 80% of leisure centre users access the facilities by car. In a geographically large district with limited public transport, it will be important to plan provision around driving time catchments.