

Council Assembly – 21 January 2015

Community views - Healthy and active communities

QUESTIONS:

1. Do you currently take part in any regular physical activity or sport? What do you do, how often and where?
2. Would you like to do more physical activity and sport? What is preventing you from doing physical activity and sport at the moment?
3. Do you volunteer regularly?

RESPONSES:

- I exercise at home – sit ups, that sort of thing. I didn't realise that there will be free gym and swimming sessions, I might try them.
- I am on my feet 12 hours a day in my job, which is six days a week, and I am a single parent – I get my fitness through that. I suppose that there will be plenty of people who would benefit from free gym and swim and from support from a buddy (volunteer) because they can't afford it otherwise, but I have no time for that....same for volunteering.
- I have played football every Sunday since I was a kid – if I wasn't so busy working at my apprenticeship, then I would probably volunteer to help out at a sports club or fitness facility. I can't volunteer right now, because I am so busy.
- I am a member of a Fusion [gym] – I have been a member for over 10 years and use the facilities regularly. My friend used to go with me but has stopped since she lost her job. I think that volunteering to be a "gym buddy" is a good idea, but I haven't got time right now, because I help to look after my grandchildren. I used to volunteer. I think that volunteering is good to give to the community, especially to help the children when parents are so busy earning a living. I used to help at a youth centre.
- I play football every Sunday, and I go to a gym as well. I think that I would like to volunteer in an academic function, such as helping primary school children. I haven't done it before, so I wouldn't engage with adults.
- I have diabetes, so I don't do as much as I used to - I do walking. I used to volunteer as the chair of a tenants and residents organisation.