

**CPG Children and Young People 30<sup>th</sup> April 2014**  
**Wednesday 30<sup>th</sup> April 2014**  
**13.00-14.30**  
**Committee Room 1**  
**Chair: Alison Johnstone MSP**

**Commonwealth Games Legacy**

**Attendees:**

Alison Johnstone MSP  
Kezia Dugdale MSP  
Kim Atkinson, Scottish Sports Association  
Melissa Cairns, YoMo  
Sara Collier, Children in Scotland  
Mo Colvin, RNIB Scotland  
Mark Cooper, NSPCC Scotland  
Denzel Darku MSYP  
Marion Davis, One Parent Families Scotland  
Maurice Donohue, Scottish Association for Mental Health  
Rodger Evans, Scottish Parliament  
Fee Ferguson, Children in Scotland  
Paul Fletcher, A&M Training  
Joe Gibson, Sense Scotland  
Lorna Gourley, Education Scotland  
Julia Frost, Planning Aid Scotland  
Sheila Hamilton, SCCYP  
Nigel Holl, Scottish Athletics  
Nadine Jasset, Edinburgh Women's Rape and Sexual Abuse Centre  
Richard Knott, Salvation Army  
Rachel Le Noan, Down's Syndrome Scotland  
Jordan Linden, Youth Legacy Ambassador  
Caroline Mcaeln, YoMo  
Bryan McConachie, Scottish Parliament  
Alison McGarva, SCTA  
Garry McGregor, Befriending Networks  
Danielle McGuinness, YoMo  
Robert McHarg, A&M Training  
Colin McMillan, City of Edinburgh Council  
Carrie Manning, Princes Trust  
Rebecca Marek, Scottish Youth Parliament  
Craig Mathieson, Scottish Swimming  
Alan Miller, Sportscotland  
Eric Mitchell, Capability Scotland  
Jenn Mowat, Enable Scotland  
Victoria Nakamatte, YoMo  
Sarah Paterson, Youthlink Scotland  
Gail Prince, Scottish Association of Local Sports Councils  
Charlie Raeburn

Paula Raymond, Quarriers  
Leigh Robertson, University of Stirling  
Catherine Ronald, Scottish Sports Association  
Anu Roy, Office of Jackie Baillie MSP  
Jennifer Sancroft, Judo Scotland  
Barbara Schuler, Youthlink Scotland  
Roger Scrutton, Scottish Orienteering Association  
Kenny Stewart, Glasgow 2014  
Martin Summers, Young Scot  
Ron Sutherland  
Catherine Thomas, Skills Development Scotland  
Bobby Weir, Salvation Army

### **Apologies:**

Stuart Aitken, CALL Scotland  
Salena Begley, Family Fund  
Morag Coleman, Families First St Andrews  
Mig Coupe, Mindroom  
Fiona Crombie, The Association of Family Therapist  
Kathleen Deacon, The Spark  
Maurice Donohue, SAMH  
Barry Fisher, DofE Scotland  
Kim Hartley, Royal College of Speech and Language Therapists  
Keith Irving, Living Streets Scotland  
Fiona Jones, Cl@n Childlaw  
Cath Logan, Big Lottery Fund Scotland  
Brian Magee, COSCA  
Julie Mason, University of the West of Scotland  
David Matthew, Scottish Touch  
Felicity Mehendale, Royal Hospital for Sick Children  
Rebecca Middlemiss, RCPsych in Scotland  
Calum Munro, Highland Children's Forum  
Jamie O'Neill, Roshni  
Steve Paige, Cricket Scotland  
Mags Powell, Stable Life  
Helen Reilly, BMA Scotland  
Tracy Rodger, CLIC Sargent  
Lisa Ross, Mindroom  
Linda Whitmore, Enable Scotland  
Mark Wong, University of Edinburgh

### **Welcome**

Alison Johnstone MSP welcomed members of both the Cross Party Group on Children and Young People and the Cross Party Group on Sport to this meeting on the legacy of the Glasgow 2014 Commonwealth Games and work being undertaken to engage young people in sport. She introduced the first speaker, Nigel Holl from Scottish Athletics.

## **Nigel Holl, Chief Executive, Scottish Athletics**

Nigel started by noting that the Commonwealth Games is a significant milestone, but a legacy has already been delivered in athletics prior to the games. Athletics clubs in Scotland have been delivering more opportunities for young people to take part, get involved and engaged in sports and the clubs have been increasing their capacity to support these young people. They see legacy as their day job – in their DNA, what they do 24/7.

Nigel gave some examples - you have to plan work ahead. The Club Together programme recognised the challenges clubs faced and employed Part Time staff whose job was to shake hands, meet and greet and engage with parents. Those people need to be trained, they start by speaking with parents as they drop their child off and get them involved with the club – for example helping rake the sandpit.

Club Together is now in 22 of the 140 clubs in Scotland as a whole. In those 22 clubs 4,200 new young members have been recruited. 88.6% of those young people are still in those clubs. There are 540 new coaches in those 22 clubs, of whom 511 are now qualified. They are being driven to go on courses and qualify. There are plenty of roles – for example being in charge of the club trophies. Let good coaches coach and good administrators administrate.

When you work ahead, you can deliver legacy. We've got to keep doing that for the next 10 years – Glasgow Games is a catalyst to do more, quicker, but commitment is required from the Scottish Government, Local Authorities and Sport Scotland. Every child in primary school should be active as part of their curriculum every day. The nation benefits from physically literate children – they perform better academically and have improved concentration.

## **Professor Leigh Robinson, Head of the School of Sport, University of Stirling**

Professor Robinson started by saying Glasgow 2014 is a catalyst and initiator, it's about education and community building. People are talking about sport which might not have been the case without the Glasgow games. The Sydney and London Olympics saw a short increase in participation post Games, but sustainability is really important.

There are however a number of challenges. One is that physical activity is a lifestyle choice – it can be sustained through funded educational campaigns, and young people can help other family members become more active and increase participation. Physical literacy is a challenge – the skills of how to run, swim etc need to be taught in the same way maths is taught. Value needs to be placed on physical activity. Schools should have someone whose only role is physical activity and physical literacy. Young people need to be active every day – through sport, walk, dance etc.

Any form of legacy will only happen if it's easy to participate.

It is only easy to participate if this happens in places of familiarity, that are cheap and involve little access issues. Schools are the most obvious answer to this as children and young people are already on site – thus access to school facilities outside of school time is essential (although they do not always need to be school run).

There has to be a commitment to integrating and funding these programmes going forward. If programme of funding associated with education and the Games stops in the next academic year, there will be no legacy and associated benefits. People go into things as a result of funded programmes and the opportunity to try new things – there is a need for long term funding commitments.

### **Will Tyler, Scottish Government 2014 Legacy Team**

Will began by explaining that at the centre of everything there is a games legacy plan published in 2009. This is a 10 year plan with 4 themes which has developed 51 national legacy programmes for Scotland. The Government uses management information to focus in on what would work for each Local Authority.

60 smaller community projects have been funded, and there is a Legacy 2014 website where people can find out what activities are happening near them. There are Young Scot Youth Legacy Ambassadors across every local authority, and 259 young leaders – University Students helping High Schools pupils plan activities for Primary Schools.

Another example is the focus on disadvantaged groups – ASPIRE Dundee uses music, dance and acting to tackle social deprivation; and Street Soccer Scotland offers the chance to play football and provide other services. Other examples of legacy are the BP Young Leaders Programme where sports stars act as mentors, the high percentage of Games contracts awarded to Scottish Businesses – and the resultant employment of young apprentices.

Will finished by talking about how success would be evaluated - one Report was published earlier this week which looks at national level activity and programme data. Also published was an evidence review of the legacy of previous games. What is needed is cross party support and integration with existing strategies. The reports highlighted challenges – for example sustaining long term economic benefits. The Government has a 10 year physical activity implementation plan in place and welcome thoughts and ideas for the next 5 years.

### **Lorna Gourley, Development Officer for Game on Scotland, Education Scotland**

Game on Scotland is the official education programme of the Glasgow 2014

Commonwealth Games and its legacy. It aims to provide inspiration and learning and teaching opportunities related to Glasgow 2014 and other major events (e.g. 2014 Ryder Cup) happening throughout Scotland in the coming years. The programme aims to support teachers, school leaders and education managers in creating stimulating learning experiences for young people from 3-18 using the Commonwealth Games as a context for learning.

Game ON has a number of strands of engaging with practitioners, through the Education Scotland website, learning journeys and support materials. To date there have been over 35000 downloads of resources. The website contains downloadable resources, links to partners, case studies and videos. Over 4,000 people have signed up for e-updates and 17 GLOW meets have been held – most recently with Mark Beaumont. Various competitions have been held and 160 mascot visits to schools have taken place.

The Commonwealth Games is being used as a catalyst for learning and education and a celebration event will be held in October with an evaluation report following in 2015.

### **Jordan Linden, Youth Legacy Ambassador**

Jordan introduced himself as one of 145 Young Legacy Ambassadors from across all Local Authorities in Scotland. The Ambassadors were recruited and trained by Young Scot who provide 11-25 year olds with information, ideas and opportunities to get the most out of life. The Ambassadors project began in 2010 with young people promoting a lasting legacy through four legacy themes – active, connected, sustainable and flourishing.

There have been various notable successes so far – over 400 trees have been planted in a Shetland community garden, young people in the Borders designed a Commonwealth flag and in North Ayrshire community games events have been organised for school pupils. In North Lanarkshire there was a 2 week commonwealth tour including workshops for primary pupils. Young Ambassadors have spoken at conferences and events and Jordan encouraged MSPS to support a recent parliamentary motion on the issue.

Young Ambassadors receive support through recruitment and training from Young Scot, the Young Scot website, facebook groups and by video and Skype. More tools will be produced in the run up to the Games and Ambassadors are gathering legacy wishes.

Alison thanked the speakers and stated that the Young Ambassador role was one which should continue post-Games. She invited the group to ask questions and pose issues for discussion.

### **Group discussion**

Colin McMillan, City of Edinburgh Council, said that Edinburgh was working on a communication plan to increase outreach to non participants but also

creating links between different kinds of sports, building those communication routes. He asked whether a communication plan developed locally is something that might support increasing physical activity and legacy.

Leigh Robinson replied that there is no evidence of sustained physical activity legacy – this is what we need to aim for rather than small peaks (for example seen after World Cups and London 2012). The likelihood is it will not make a difference to those who don't already participate although those who are already involved may participate more. Participation is a lifestyle choice – you have to want to do it. She would like to see a communication plan as part of the education package, trying to change people's perception of physical activity and sport.

Nigel Holl agreed communications had huge benefits but face to face contact is key in changing behaviour. It's very easy to ignore a tweet or a comment on social media. Don't lose sight of the impact of people. Teachers at schools are the starting point for young people. Can we help educate, provide the ability the resource, to help teachers to be this persuasive force?

Jordan Linden stated young people need to be involved young and kept involved. It's a balance - social media reinforced by face to face contact. Peer education is crucial – he would be more inspired by a young person passionate about sport passing on that message.

Lorna Gourley said active schools coordinators are training young ambassadors to work with young people in schools, getting more active. There are also opportunities for teachers in primary schools to do further training in physical activity.

Kim Atkinson, Scottish Sports Association, talked about the health and education benefits of sport, which are sometimes not noticed. What would it look like if a higher proportion of the health budget was spent on prevention and getting people active? She also asked what physical literacy looked like in the pre-school environment – what's the role of physical activity in an early learning and childcare setting.

Will Tyler talked about the involvement of NHS Health Scotland in the legacy plan. There are strategies for sustainable travel and walking; and cash back for communities. What's useful about having a legacy narrative is having more than 35 national partners and an articulation of shared ambitions.

Leigh felt everyone should be paying for it - sport funding suffers from the perception that it's just funding for sport. She would take money from education, justice, transport etc to make the sports budget more significant. A small part of everyone else's budget that would make an impact.

Nigel talked about the evidenced mental health benefits of physical activity. They work closely with the Scottish Association for Mental Health on their 'get active' programme. Preventative spending is high on the Scottish

Government's budget principles. In pre-school physical activity is about fun - pre-school and play leaders need training and confidence to let kids get dirty and wet.

Lorna said there had been a lot of work done promoting active learning outdoors, that's something that's set to continue, particularly for children in areas which don't have a lot of outdoor space in communities, interacting with nature. The confidence of nursery leaders is increasing.

Paula Raymond, Quarriers, asked Jordan if it was still possible for young people to become involved as Youth Legacy Ambassadors. Jordan referred Paula to Martin Summers at Young Scot to take this forward.

Eric Mitchell from Capability Scotland said there were still significant barriers to accessing sport - both physical and attitudinal - despite various initiatives. He asked what could be done differently in legacy planning to eradicate these barriers.

Will replied that this needs to be at the centre of what we do, being inclusive is a key principle of the legacy plan. Sport Scotland and Scottish Disability Sport are training teachers in schools to help change school attitudes.

Leigh said sustained funding was required to address barriers. Funding comes in and comes out which is a difficulty. There is a need for sustained funding for disability sport.

Nigel responded that Club Together is evolving and looking at coaching structures, and opportunities for disability sport. He noted that the Glasgow Games are truly integrated (unlike the Olympics). The balance between events isn't great, but it is integrated.

Alison Johnstone agreed that we are still not doing enough in terms of disability sport and that there are still big challenges. It shouldn't be like this - everyone should be able to get something out of sport.

Denzel Darku, MSYP for Paisley, said he had been a Youth Legacy Ambassador for 2 years and said it had been a fantastic experience - he has met amazing and dedicated individuals always striving for their communities.

Leigh noted that the YLA programme is a classic example of how legacy can continue. She would love to see this continue, wouldn't change the name, keep it in people's minds. Alison agreed there was a strength in hanging on to the legacy name.

Ron Sutherland said that the Commonwealth Games was chiefly about sport and that perhaps there's not enough physical activity in schools. The national strategy for sport and physical activity could be reaching higher - 2 hours per week of physical activity is not enough. This target from previous strategies has still not been met.

Alison agreed that 2 hours per week was inadequate – for many school is the only opportunity to do sport, so it needs higher priority. She shared her experience of coaching athletics and meeting a 12 year old who could not do a forward roll. Some of the basic PE skills are being overlooked and we need to invest in PE teachers who have been trained properly.

Nigel said it has to start at primary level, with specialist PE teachers who understand what they're teaching and how they teach it. There is a need for primary PE specialist teachers, classroom teachers aren't able to teach to the same standard.

Leigh referred to funding. If sport funding came from all Government sources there would be more commitment and concern about PE. Bad PE is worse than no PE – it can put people off for life. Jordan agreed with this sentiment, and that there needs to be the opportunity to try different sports, not just football. Will shared that he used the excuse of having an inhaler to get out of PE at school. He said that the physical activity plan goes beyond sport – it also includes walking and play. Lorna said that teachers needed confidence to teach PE skills.

Jennifer Sancroft from Judo Scotland felt we are missing a trick in not using more community sport, Local Authorities could linking up more directly with the sports coaches they have in the area, who can teach specialist skills. This may involve changing the timetable in terms of how sport is taught – eg schools tend to want 8 week programmes not one off sessions. She also asked the speakers for this views prescribing physical activity as homework for children.

Lorna said one challenge was consistency and equality of opportunity across all schools. In response to the homework question she felt you were relying on parents to support the child, so some children from disadvantaged backgrounds might not have opportunities. She also noted the importance of community spaces and opportunities for those who play out in the evening to do it in a safe environment.

Will agreed there were challenges around prescribing sport as homework, and pointed to other infrastructure and support such as community woodlands.

Jordan used the example of street soccer in North Lanarkshire where enjoyment in a nurturing environment is key. He was not sure that prescribed homework would work as enjoyment is key.

Leigh agreed homework would not work, those who aren't into physical activity won't do it. A peer, mentor and teacher are needed. Nigel agreed it needs to be done in schools.

## **Group AGM**

Alison thanked the speakers and told the group that this meeting served as an AGM.

Kezia Dugdale MSP and Marco Biagi MSP were re-elected as Co-Conveners of the group and Alison Johnstone MSP was re-elected as Vice Convener of the group. Children in Scotland and Youthlink Scotland were approved as the group secretariat. Alison also noted that the groups annual return would be circulated in the coming weeks.

### **Action Points**

Alison asked the group if there were any issues from this meeting to take forward. It was agreed that the disabilities issue was one which could be raised, and also pre-school funding and how physical activity was included in this. Eric Mitchell noted links with the play strategy and youth sport strategy. The secretariat will draft a letter for Alison to send to the relevant Cabinet Secretary.

### **AOB**

Kim Atkinson noted that the next meeting of the CPG Sport would also be looking at local legacy – a club story. This meeting is on 27<sup>th</sup> May and the secretariat will circulate details to the Group.

The next meeting of the CPG Children and Young People will take place on Tuesday 13<sup>th</sup> May and was requested by the Children are Unbeatable Alliance. The topic is physical punishment of children. Speakers include Staffan Jansen, a paediatrician from Sweden. Children 1<sup>st</sup>, the Violence Reduction Unit and the Scottish Human Rights Commission will also present. The meeting will take place from 13.00-15.00, so it will be a longer meeting than usual, as there will be more time given to presentations. An agenda will be circulated to the Group by the end of the week.

The CPG also intends to host a special meeting on the independence referendum in June. The Scottish Youth Parliament will run one of their Aye, Naw, Mibbe sessions for young people. Date is still to be confirmed; details will be circulated in due course. All members - and young people they work with - are welcome to attend.

