



**North East
Derbyshire**
District Council

**NEDDC Young Persons Sport & Physical Activity
Consultation
SUMMARY REPORT (FINAL)
June 2025**

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June 2025

Contents

	Page
Background, Methodology, Sample Size & Response	3
Executive Summary	4-5
Respondent Profiling Information	6-7
Young Persons Sport & Physical Activity Consultation Results	8-15
Conclusions	16-17
Appendices (respondent comment & categories)	18-19

Distribution

Recipient	Issue	Date
Kelly Massey	Final Report	27/06/25
Sarah-Jane Roome	Final Report	27/06/25
Chris Mills	Final Report	27/06/25
Kath Drury	Final Report	27/06/25

Background

The purpose of the consultation was to gather insights from young people in North East Derbyshire regarding their participation in sports and physical activities. The consultation aimed to understand the frequency, types, motivations, barriers, and suggestions related to sports and physical activities among the youth. This information will help North East Derbyshire District Council (NEDDC) to improve and tailor their sports and physical activity programmes to better meet the needs of young people in the community.

Survey Methodology

The consultation was conducted through a survey distributed to young people aged 11-18 years old across North East Derbyshire,

The survey included questions on participation frequency, types of sports, participation methods, motivations, barriers, information sources, and volunteering in sports-related activities. The data collected from the survey was analysed to identify trends, preferences, and areas for improvement in the provision of sports and physical activity programmes for young people in North East Derbyshire.

The survey was designed to capture both quantitative and qualitative data from respondents. It included multiple-choice questions, Likert scale questions, and open-ended questions to gather detailed insights. The survey was distributed online through social media platforms (with promotion via the NEDDC Communications Team), school networks, and community centres to ensure a wide reach. The data was collected over a period of four weeks closing on Friday 30th May.

Sample Size and Response Rate

The survey attracted a total of **320 responses**, all of which were completed online, providing a comprehensive overview of the current state of youth engagement in sports and physical activities in the region. Demographic information was recorded for this consultation.

The percentages throughout the report may not always add exactly to 100% due to rounding.

A Snap standard report containing comments added by respondents has also been forwarded to the stakeholder distribution list.

Executive Summary

Young Persons Sport & Physical Activity Consultation

Participation Frequency

The survey revealed that 44.8% of respondents participate in sports or physical activities a few times a week, while 28.7% do so daily. A smaller percentage participate once a week (9.8%) or rarely (7.6%).

Types of Sports

Gym/weight training (38.8%) and running/jogging (32.5%) are the most popular sports among respondents. Other common sports include football (23.7%), swimming (22.1%), and basketball/netball (15.1%).

Participation Methods

Respondents primarily participate in sports at home (47.0%), at local sports facilities (44.2%) and in school/college teams (33.8%). Community clubs (26.5%) and Informal games with friends/family (25.6%) are also common.

Motivations

Enjoyment/fun (67.2%) is the top motivation for participating in sports, followed by health and fitness (61.2%) and socialising with friends/family (49.8%). Stress relief (38.5%) and Competitive spirit (33.4%) are also significant motivators.

Information Sources

Word of mouth (54.9%), social media (45.1%), and school/college (38.5%) are the primary sources of information about local sports opportunities. Posters/flyers (14.2%) and Local sports organisations (13.6%) are less common sources.

Importance of Sports

When asked how important sports or physical activity is to them personally, 40.4% of respondents said it is very important, 38.8% said it is somewhat important (79.2% combined), whereas 17.3% said it is not very important, and 3.5% said it is not important at all (20.8% combined).

Opportunities

When asked if they feel there are enough sports opportunities for young people, a combined 51.1% said yes (definitely or somewhat), whereas a combined 35.4% said no (not really or definitely not), additionally 13.8% were either not sure or not interested.

Peer Influence

Regarding peer influence, 36.0% of respondents said they are definitely motivated to participate in sports based on their friends or peers' involvement, 38.5% said sometimes (74.5% combined), whereas 18.8% said no, and 6.7% said they prefer to participate alone (25.5% combined).

Barriers to Participation

The main barriers to participation include lack of time (45.7%), financial costs (30.8%), lack of motivation (27.8%) lack of access to facilities (24.8%), lack of friends or peers to play with (24.5%), not being interested in sports (17.9%) and limited variety of sports offered in the community (14.2%).

Ease of Access

When asked how easy it is to access local sports facilities or community clubs, 44.8% of respondents said it is somewhat easy, 18.7% said very easy (63.5% combined), whereas 17.1% said quite difficult and 2.5% said very difficult (19.6% combined), additionally 7.3% said they don't know about any in their area, and 8.3% said they have not tried or are not interested (15.6% combined).

Volunteering

48.9% of respondents have volunteered in sports-related activities or events, while 51.1% have not. Among those who have not volunteered, 16.1% are definitely interested, 49.1% might be interested depending on the opportunity, and 34.8% are not interested. Common types of sports volunteering include coaching or assisting in coaching (61.3%), organising or helping at events (46.0%), refereeing or officiating (23.3%), and helping with fundraising for sports programmes (18.0%).

Motivations for Volunteering

Key motivations for volunteering include developing personal skills (59.5%), gaining experience for future career opportunities (51.2%), passion for the sport (38.5%), making new friends and connections (36.1%), giving back to the community (23.8%), and earning volunteering hours (e.g. for school community service) (16.3%).

Suggestions for Improvement

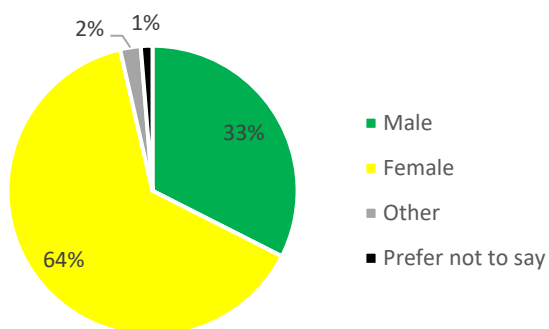
Respondents suggested that lower costs (56.1%), more facilities (39.4%), more flexible timing (29.7%), more variety of sports options (29.0%), better transportation to sports venues (23.2%), and better promotion and awareness of available sports (18.7%) would make it easier for them to participate in community sports.

Respondent Profiling Information

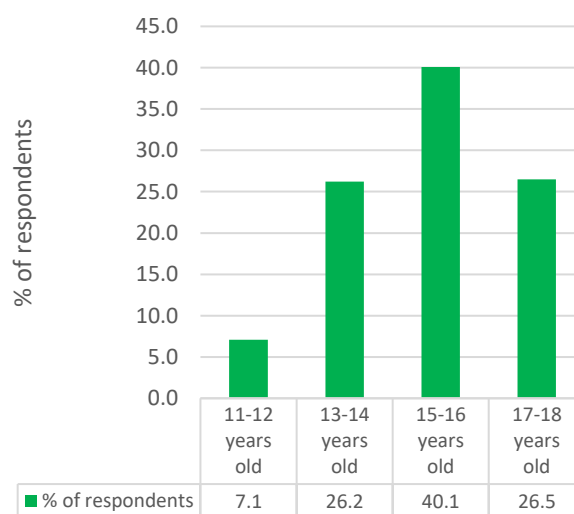
Key demographic information was captured in the survey to help build a respondent profile and assist with equalities monitoring. A table of results is included below together with the summary of key points below which compares this information to the district's profile taken from the 2021 Population Census.

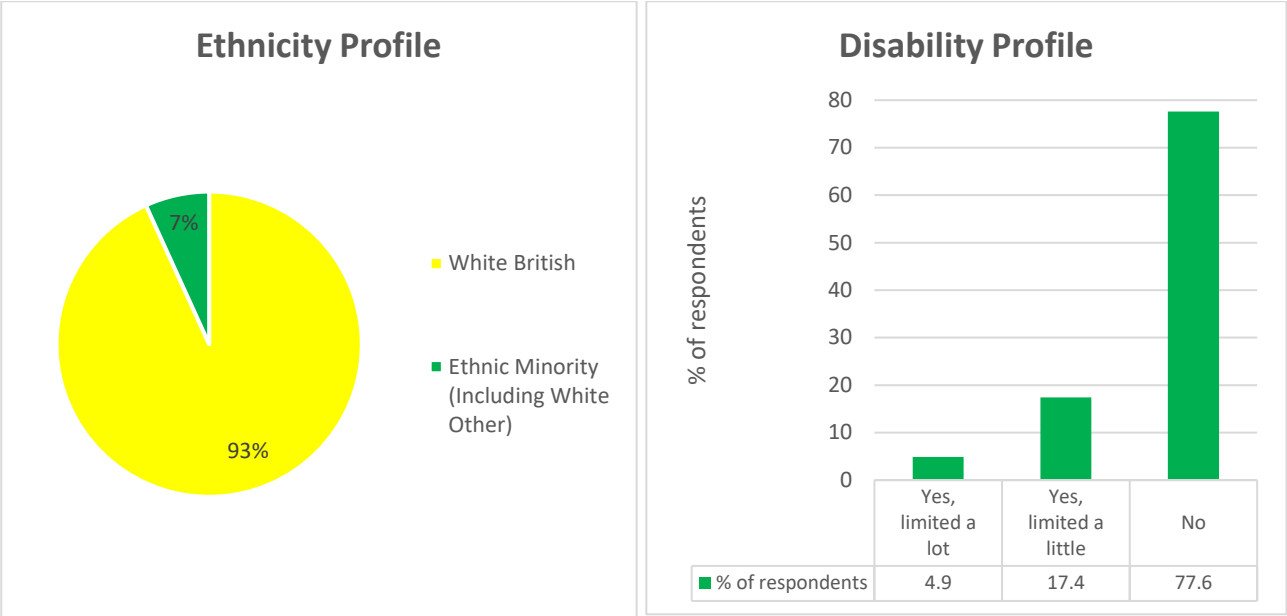
Respondent Characteristic	Overall Respondent Profile %	% Population Figures (2021 Census)
Gender		
Male	33	49
Female	65	51
Other	2	-
Age		
11-12 years old	7	No comparison data
13-14 years old	26	No comparison data
15-16 years old	40	No comparison data
17-18 years old	27	No comparison data
Ethnicity		
White British or Irish	93	96
Ethnic Minority (including white-other)	7	4
Disability		
Yes, limited a lot	5	11
Yes, limited a little	17	11
No	78	78

Sex / Gender by Respondent %



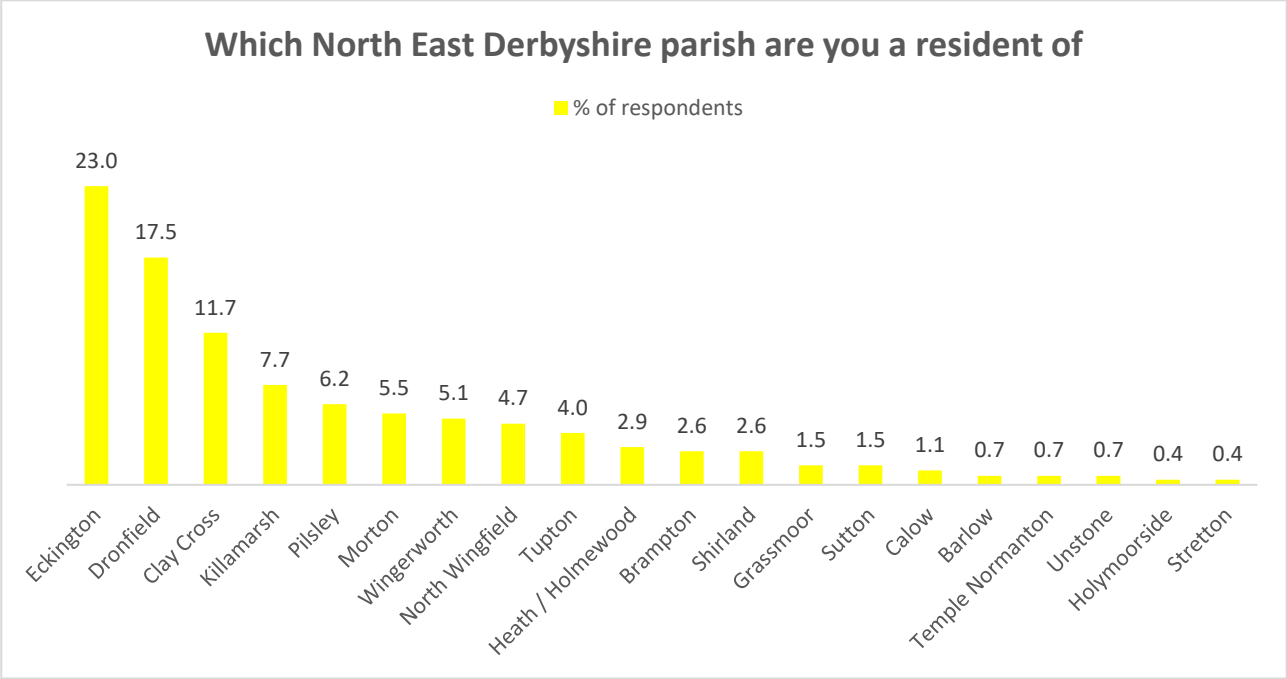
Age Profile





The 2021 population census data, which includes individuals aged 18 and above, does not provide age comparison data. However, the demographic profile of survey respondents shows an overrepresentation of females and an underrepresentation of males. Ethnic minorities are also overrepresented in the survey. Additionally, individuals who reported having minor disability limitations are overrepresented, while those with significant disabilities are underrepresented. Nevertheless, the combined figure aligns with the 2021 census data, as does the proportion of respondents who reported no disability limitations.

Responses were received by young people from various parishes in North East Derbyshire, including Eckington, Dronfield, Clay Cross, Killamarsh, Pilsley, Morton, Wingerworth, North Wingfield, Tupton, Heath/Holmewood, Brampton, and Shirland.



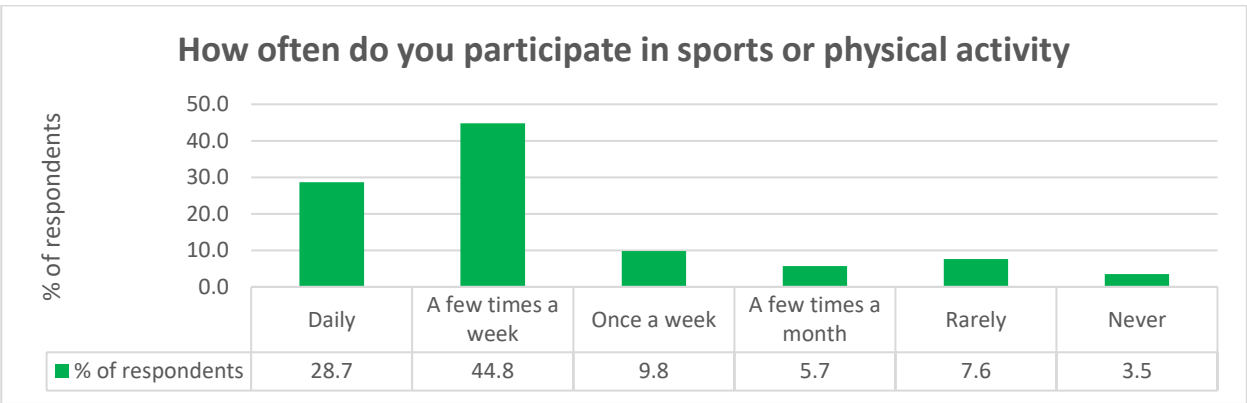
Young Persons Sport & Physical Activity Consultation - Survey Results

Introduction

The following section presents the detailed findings of the Young Persons (11-18 years) sport and physical activity consultation. This report aims to provide a comprehensive analysis of the survey results, highlighting key trends, preferences, and barriers to participation among young people. Each section delves into specific aspects of the survey, offering insights and statistical analysis to support the findings. Graphs will be included to visually represent the data and enhance the reader's understanding.

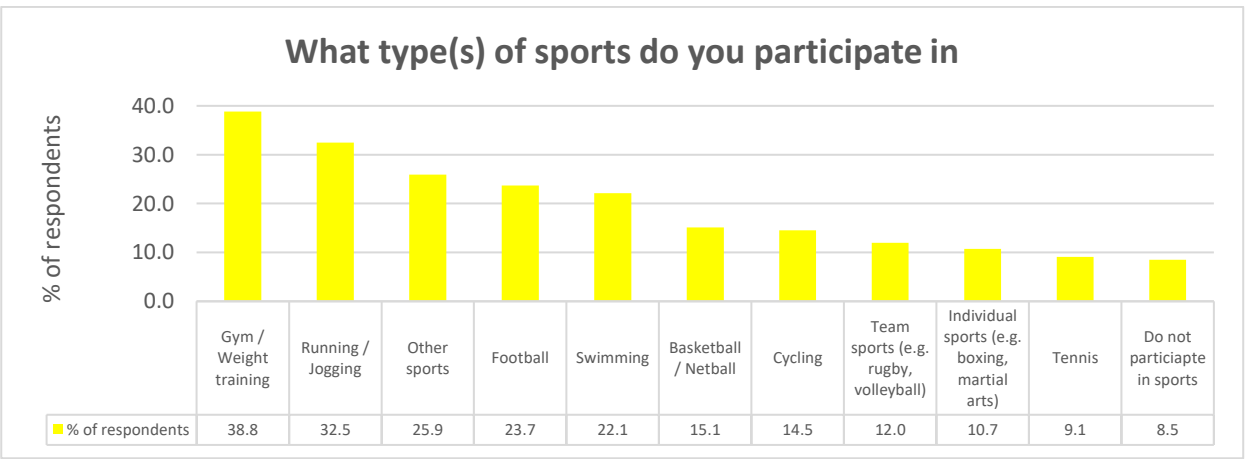
Participation Frequency

The survey results indicate that 44.8% of respondents engage in sports or physical activities several times a week, while 28.7% participate daily. A smaller proportion, 9.8%, engage in these activities once a week, and 7.6% do so rarely. This data highlights the varying levels of engagement among young people, with a significant portion maintaining regular activity. See the graph below for a visual representation of these participation frequencies.



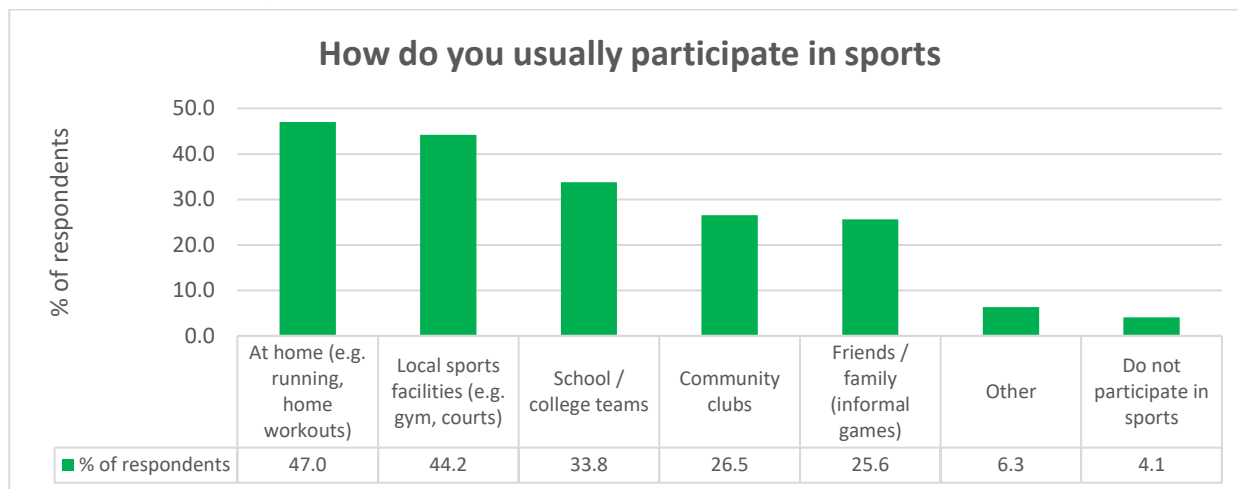
Types of Sports

Gym and weight training are the most popular sports, with 38.8% of respondents participating, followed closely by running and jogging at 32.5%. Other frequently mentioned sports include football (23.7%), swimming (22.1%), and basketball or netball (15.1%). This diversity in sports preferences underscores the wide range of interests among young people. See the graph below for a detailed breakdown of the types of sports participated in.



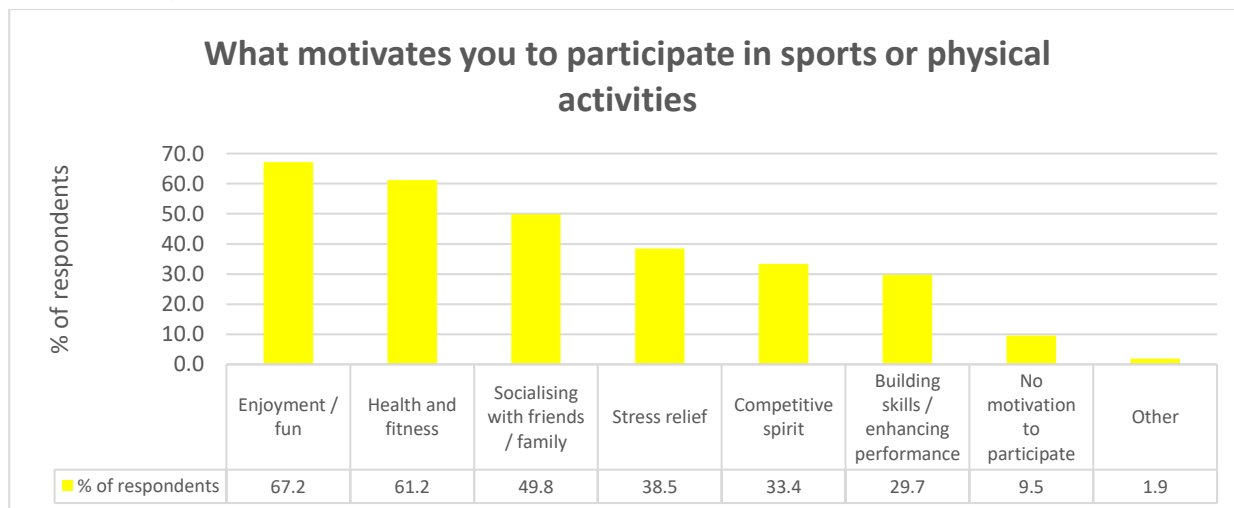
Participation Methods

The primary venues for sports participation are at home (47.0%), local sports facilities (44.2%), and school or college teams (33.8%). Additionally, community clubs (26.5%) and informal games with friends or family (25.6%) are also common. These findings suggest that young people have multiple avenues for engaging in sports, each offering unique benefits. See the graph below for a visual summary of participation methods.



Motivations

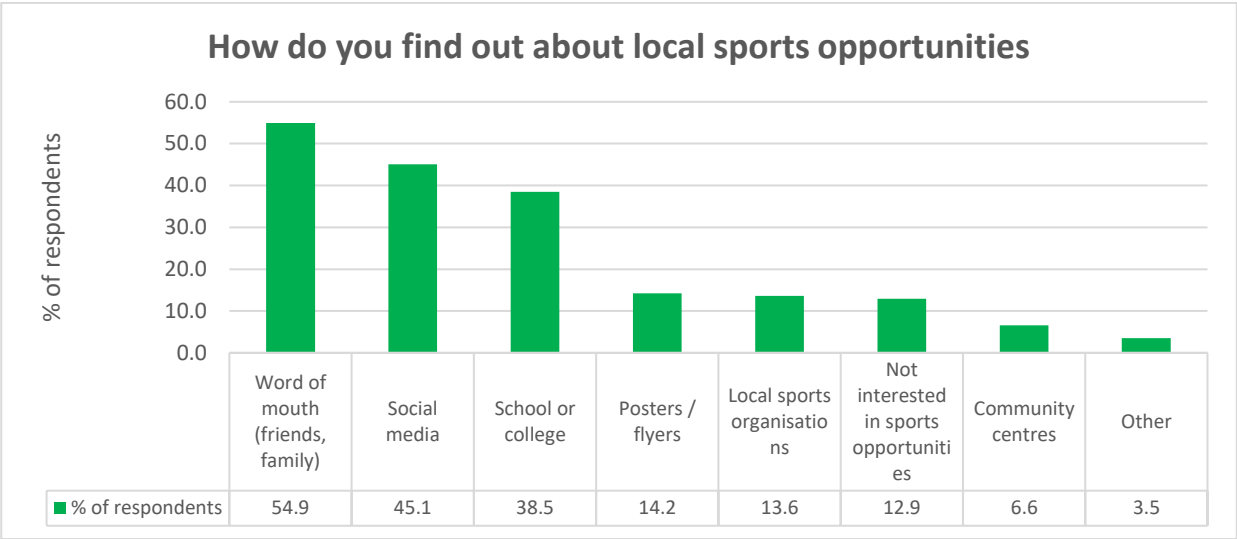
Enjoyment and fun are the leading motivations for participating in sports, cited by 67.2% of respondents. Health and fitness follow closely at 61.2%, with socialising with friends or family at 49.8%. Other significant motivators include stress relief (38.5%) and competitive spirit (33.4%). These motivations reflect the multifaceted benefits of sports participation for young people. See the graph below for a detailed look at the motivations for participating in sports.



Information Sources

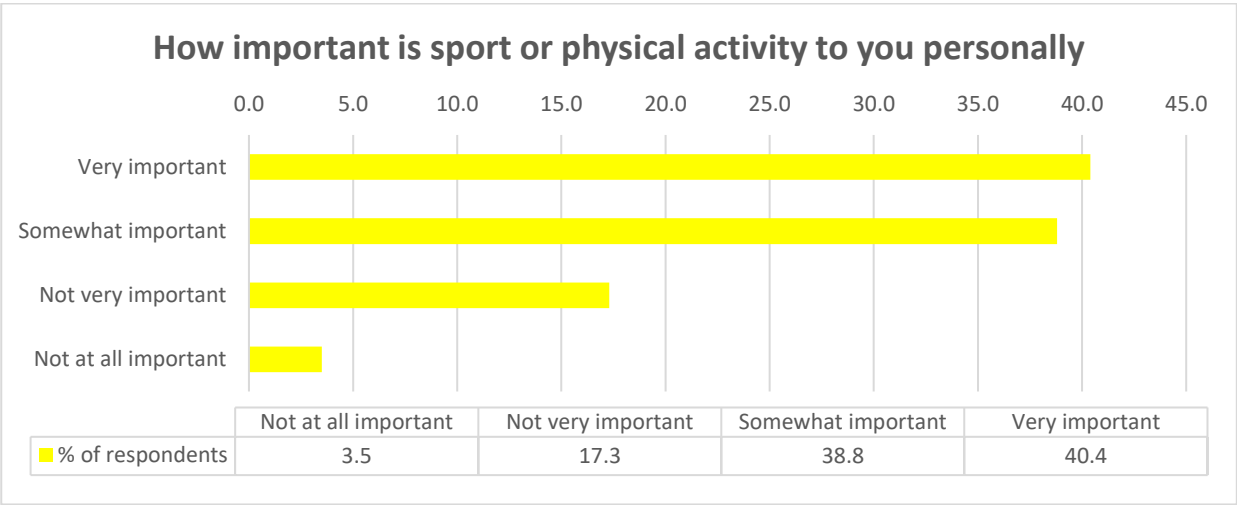
Word of mouth (54.9%), social media (45.1%), and school or college (38.5%) are the primary sources of information about local sports opportunities. Less common sources include posters or flyers (14.2%) and local sports organisations (13.6%). This indicates that personal networks and digital platforms play a crucial role in disseminating

information about sports activities. See the graph below for a visual representation of information sources.



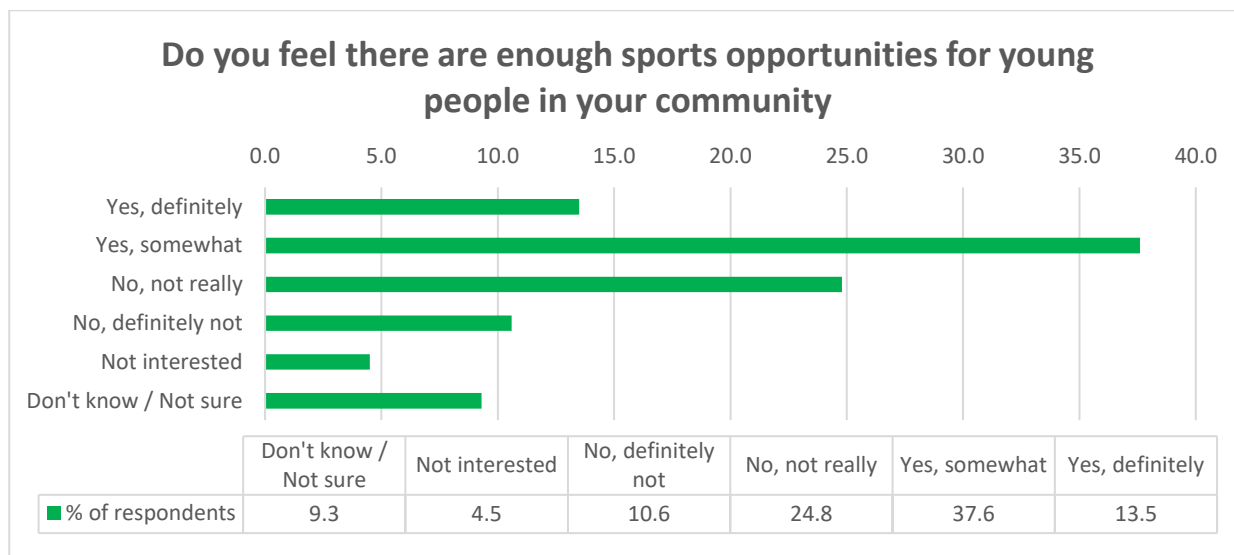
Importance of Sports

When asked about the personal importance of sports or physical activity, 40.4% of respondents indicated it is very important, and 38.8% said it is somewhat important, making a combined total of 79.2%. Conversely, 17.3% said it is not very important, and 3.5% said it is not important at all, totalling 20.8%. This data highlights the overall positive attitude towards sports among young people. See the graph below for a detailed breakdown of the importance of sports.



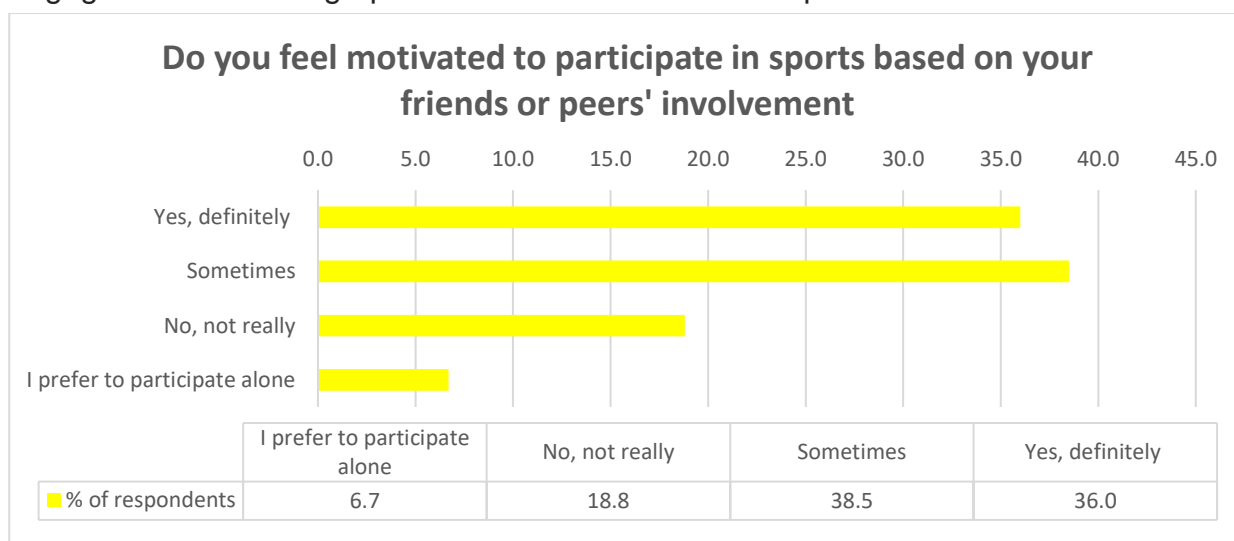
Opportunities

Regarding the availability of sports opportunities for young people, 51.1% of respondents felt there are enough opportunities (definitely or somewhat), while 35.4% felt there are not enough (not really or definitely not). Additionally, 13.8% were either unsure or not interested. This suggests a need for further exploration into the adequacy of sports opportunities available. See the graph below for a visual summary of these perceptions.



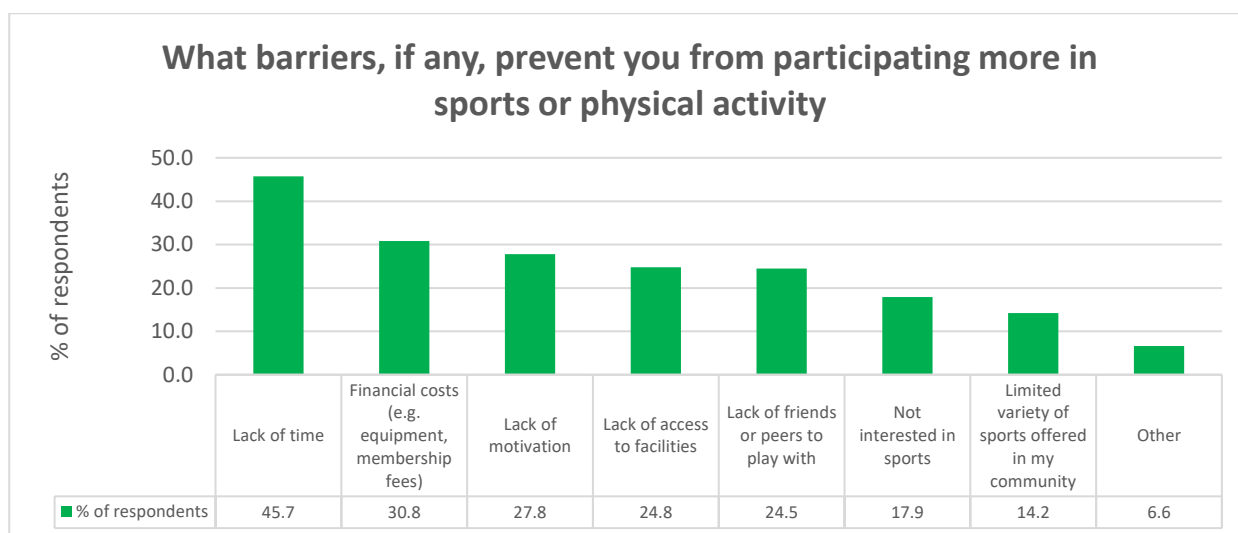
Peer Influence

Peer influence plays a significant role in sports participation, with 36.0% of respondents definitely motivated by their friends or peers' involvement, and 38.5% sometimes motivated, totalling 74.5%. However, 18.8% said no, and 6.7% prefer to participate alone, totalling 25.5%. This data underscores the impact of social networks on sports engagement. See the graph below for a detailed look at peer influence.



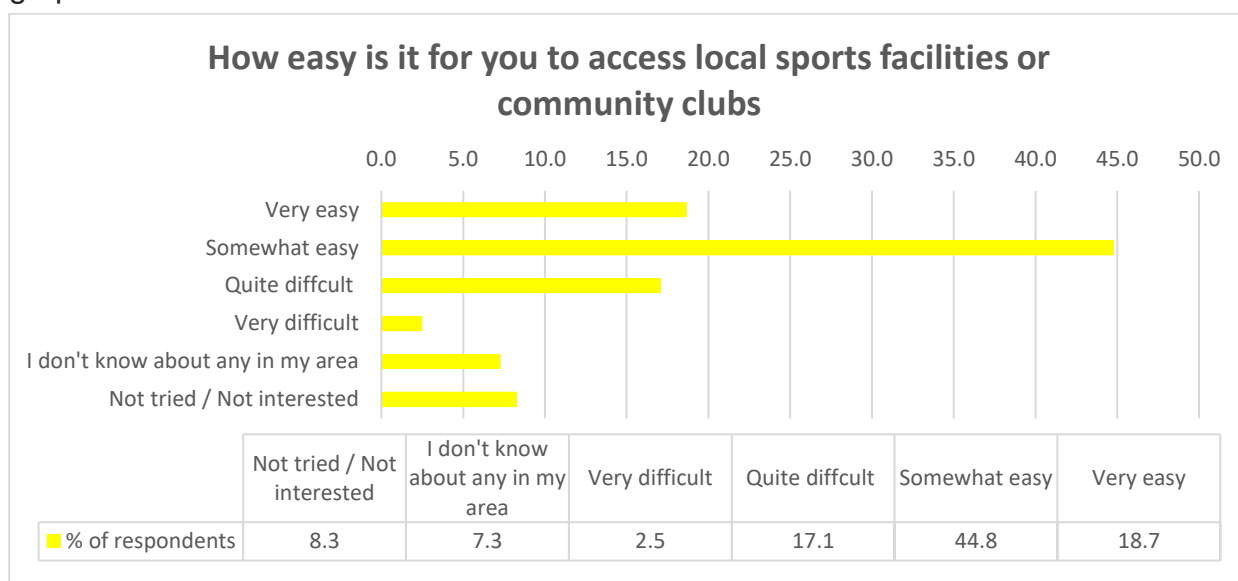
Barriers to Participation

The main barriers to sports participation include lack of time (45.7%), financial costs (30.8%), lack of motivation (27.8%), lack of access to facilities (24.8%), lack of friends or peers to play with (24.5%), lack of interest in sports (17.9%), and limited variety of sports offered in the community (14.2%). These barriers highlight the challenges that need to be addressed to increase participation. See the graph below for a visual representation of these barriers.



Ease of Access

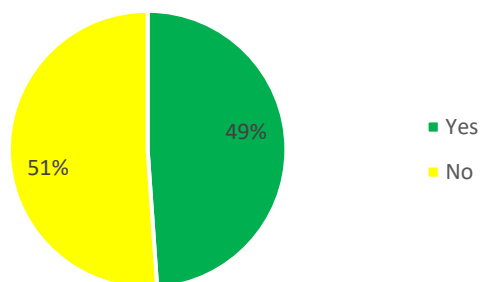
When asked about the ease of accessing local sports facilities or community clubs, 44.8% of respondents said it is somewhat easy, and 18.7% said very easy, totalling 63.5%. Conversely, 17.1% said it is quite difficult, and 2.5% said very difficult, totalling 19.6%. Additionally, 7.3% said they don't know about any facilities in their area, and 8.3% said they have not tried or are not interested, totalling 15.6%. This data suggests that while access is generally perceived as easy, there are still significant barriers for some. See the graph below for a detailed breakdown of ease of access.



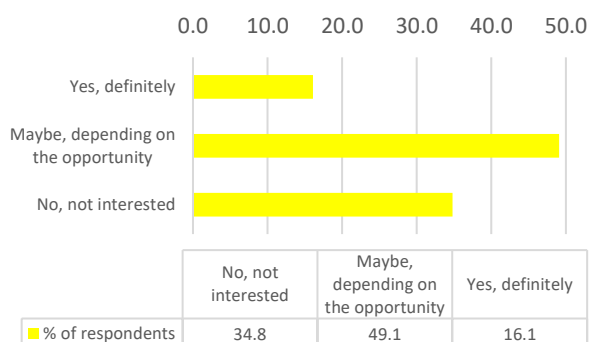
Volunteering

Nearly half of the respondents (48.9%) have volunteered in sports-related activities or events, while 51.1% have not. Among those who have not volunteered, 16.1% are definitely interested, 49.1% might be interested depending on the opportunity, and 34.8% are not interested. Common types of sports volunteering include coaching or assisting in coaching (61.3%), organising or helping at events (46.0%), refereeing or officiating (23.3%), and helping with fundraising for sports programmes (18.0%). This data highlights the potential for increasing volunteer engagement in sports. See the graphs below for a visual summary of volunteering activities.

Have you ever volunteered in a sports-related activity or event



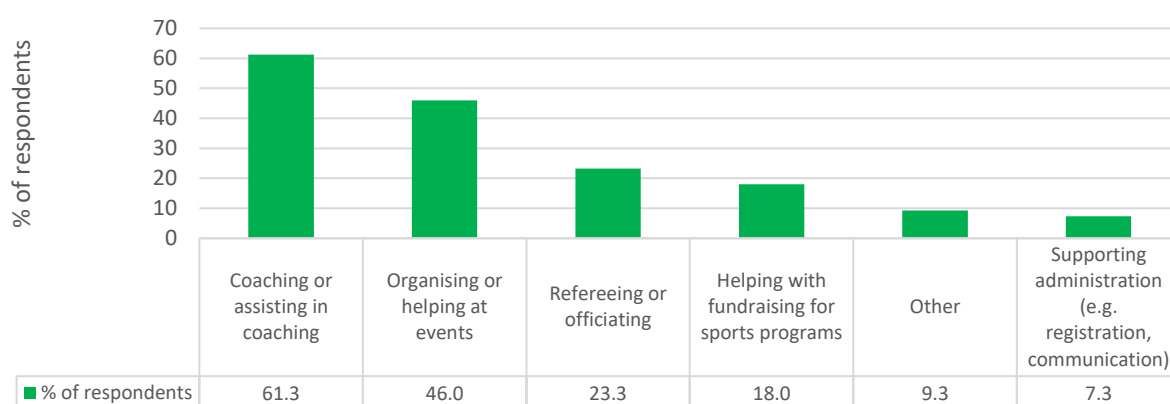
If 'No' would you be interested in volunteering in sport



Motivations for Volunteering

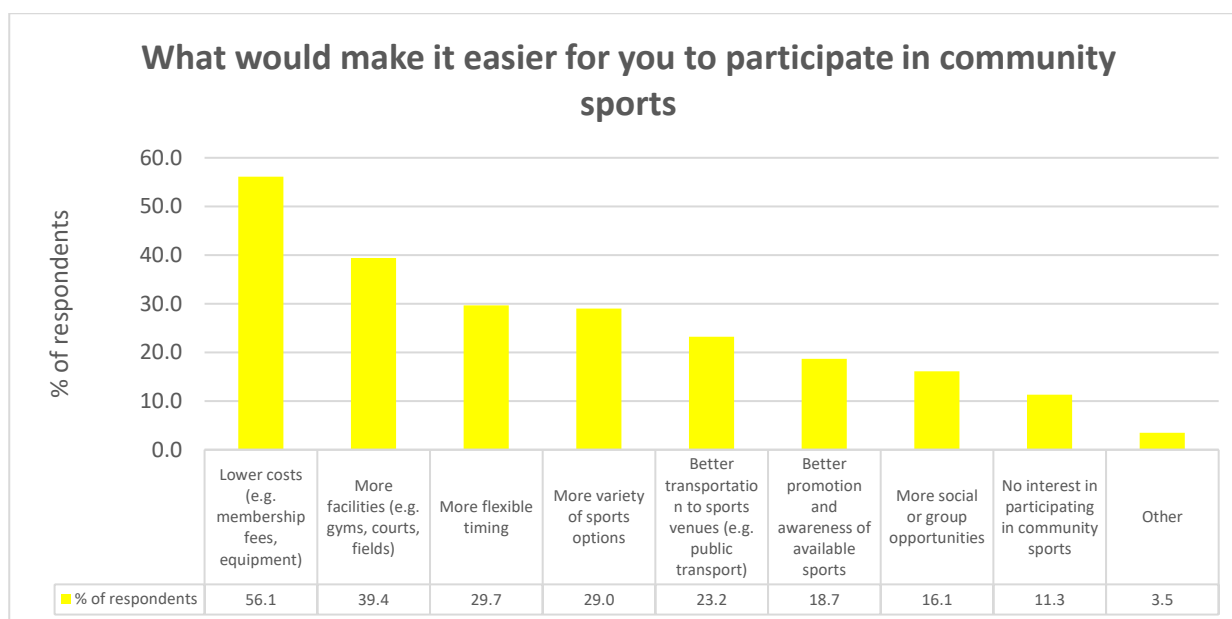
Key motivations for volunteering include developing personal skills (59.5%), gaining experience for future career opportunities (51.2%), passion for the sport (38.5%), making new friends and connections (36.1%), giving back to the community (23.8%), and earning volunteering hours (e.g., for school community service) (16.3%). These motivations reflect the diverse benefits of volunteering in sports. See the graph below for a detailed look at motivations for volunteering.

If 'Yes' what type(s) of sports volunteering have you been involved in



Suggestions for Improvement

Respondents suggested several improvements to make it easier for them to participate in community sports, including lower costs (56.1%), more facilities (39.4%), more flexible timing (29.7%), a greater variety of sports options (29.0%), better transportation to sports venues (23.2%), and better promotion and awareness of available sports (18.7%). These suggestions highlight the areas where improvements can potentially be made to enhance sports participation. See the graph below for a visual representation of these suggestions.



Finally, respondents were asked if they had any further comments or suggestions related to sports or physical activity in their community. These comments split into the following overarching categories: -

Affordability and Accessibility Many respondents mentioned the need for more affordable gym memberships and lower costs for using sports facilities. This is a recurring theme, with comments like *'Gym memberships should be made much more affordable for students'*, *'Membership prices have just gone up'*, and *'Make it free for everyone'*. Additionally, there were suggestions for cheaper fees to use equipment and more gyms with cheaper memberships.

Variety of Sports and Activities There is a clear demand for a wider variety of sports and activities. Respondents expressed a desire for more options beyond the traditional sports offered, such as boxing, kickboxing, MMA, badminton, and niche sports. Comments like *'There needs to be more variety of sports taught in PE'* and *'More sports clubs in Wingerworth after school times'* highlight the need for diverse offerings.

Facilities and Equipment Several responses pointed out the need for better facilities and equipment. For example, *'More equipment in the gym please'*, *'The pool and sports centre are too small'*, and *'Dronfield sports centre is no longer big enough for the area'*. There were also suggestions for more outdoor opportunities like running tracks and bike tracks.

Events and Competitions There is a strong interest in more community events and competitions. Respondents suggested organizing football tournaments, park runs, and local leisure centre competitions. Comments like *'More competitions at your local leisure centre'* and *'Try and do the most clubs and sports possible to get people engaged'* emphasise the importance of community engagement through events.

Inclusivity and Safety Inclusivity and safety were also highlighted as key areas for improvement. Respondents mentioned the need for single sex changing rooms, better inclusion for all sports, and safe walking trails. Additionally, there were concerns about the lack of options for girls in sports.

Responses fell into the following specific categories with 'reduce costs / make more affordable', 'increase range of activities' and 'increase availability of activities / opening hours' being the most frequently cited: -

Consultation response category	No. of comments
Reduce costs / make more affordable	9
Increase range of activities available	8
Increase availability of activities / opening hours	6
Increase amount of community sporting events / competitions	3
Lack of sporting / physical activity options in my area	3
Make sport / physical activity options inclusive to all	2
Increase amount of gym equipment	2
School sports / physical activity options need to increase	2
Improve parks / recreation areas / walking trails	2
General positive comments	2
Other comments	2
Privacy concerns / introduce single sex changing facilities	1
Improved transport options to venues	1
Positivity in anticipation of Clay Cross Active	1
Not interested in sport	1

See Appendix 1

Conclusions

The consultation report on young persons' perceptions of sport and physical activity in North East Derbyshire provides a comprehensive overview of the current state of youth engagement in sports and physical activities. The survey results reveal a diverse range of participation frequencies, types of sports, motivations, barriers, and suggestions for improvement. While the following conclusions are based on respondent opinions and consultation results, it is important to note that the council will need to consider cost and staffing availability when evaluating and implementing reasonable improvement opportunities.

Participation Frequency and Types of Sports: The majority of respondents engage in sports or physical activities several times a week, with gym/weight training and running/jogging being the most popular sports. This indicates a strong interest in maintaining regular physical activity among young people.

Motivations and Barriers: Enjoyment and fun, health and fitness, and socialising with friends/family are the top motivations for participating in sports. However, barriers such as lack of time, financial costs, and lack of access to facilities hinder participation. Addressing these barriers is crucial to increasing engagement in sports and physical activities.

Information Sources and Opportunities: Word of mouth, social media, and school/college are the primary sources of information about local sports opportunities. While a significant portion of respondents feel there are enough sports opportunities, there is still a need for further exploration into the adequacy of these opportunities.

Peer Influence and Volunteering: Peer influence plays a significant role in sports participation, with many respondents motivated by their friends or peers' involvement. Additionally, nearly half of the respondents have volunteered in sports-related activities, highlighting the potential for increasing volunteer engagement.

Affordability and Accessibility: Many respondents mentioned the need for more affordable gym memberships and lower costs for using sports facilities. This is a recurring theme, with suggestions for cheaper fees to use equipment and more gyms with cheaper memberships.

Variety of Sports and Activities: There is a clear demand for a wider variety of sports and activities. Respondents expressed a desire for more options beyond the traditional sports offered, such as boxing, kickboxing, MMA, badminton, and niche sports.

Facilities and Equipment: Several responses pointed out the need for better facilities and equipment. For example, the pool and sports centre are considered too small, and there were suggestions for more outdoor opportunities like running tracks and bike tracks.

Events and Competitions: There is a strong interest in more community events and competitions. Respondents suggested organising football tournaments, park runs, and local leisure centre competitions.

Inclusivity and Safety: Inclusivity and safety were also highlighted as key areas. Respondents mentioned the need for single sex changing rooms, better inclusion for all sports, and safe walking trails. Additionally, there were concerns about the lack of options for girls in sports.

Suggestions for Improvement: Respondents suggested several improvements to make it easier for them to participate in community sports, including lower costs, more facilities, more flexible timing, a greater variety of sports options, better transportation to sports venues, and better promotion and awareness of available sports.

Overall Impact: The findings from this consultation report highlight the importance of sports and physical activities for young people in North East Derbyshire. By addressing the identified barriers and implementing potential improvements, NEDDC can create more inclusive and accessible sports programmes that cater to the diverse needs of young people in the community. Considerations should be given to improvements that are both affordable and practical for the council to implement.

Appendices

Please note: - it is not practical to include every comment within the report appendices, however, the comments below reflect the general feeling of the respondents with positive and negative responses (where applicable) for balance and focus on the more popular response categories (top 6 from each question). A full list of comments has been sent to the stakeholder group and should be read in association with this summary report.

Appendix 1 – Do you have any other comments or suggestions related to sports of physical activity in your community.

Reduce costs / make more affordable

Gym memberships should be made much more affordable for students in order to encourage younger people, especially girls to continue to participate in sports and physical activity.

Membership prices have just gone up. Younger people in the community struggle to keep up with physical activity or activities the facilities offer since prices are getting higher and higher.

Make it free for everyone

More gyms with cheaper memberships

Cheaper fees to use equipment

Membership fees not so high

Increase range of activities available

There's hardly any boxing, kickboxing or MMA related gyms or classes in my local area which I think is a shame as it could be a useful/positive outlet to many young people.

Badminton court in Eckington.

Make more niche sports available to try

Have more on options

Need more outdoor opportunities that are free like running track, or bike track and pump track - not enough for teenagers to do.

Increase availability of activities / opening hours

It is ok but clubs should not put matches or activities on Sundays for availability.

More flexible gym hours in Ripley league centre

Dronfield sports centre is no longer big enough for the area, not enough spaces in classes and limited

Just a few more local facilities and activities.

Longer opening at weekends.

Increase amount of community sporting events / competitions

It would be good to have more events and community competitions e.g. football tournament or park runs/ Clay Cross 10k etc.

More competitions at your local leisure centre.

Please make badminton more relevant to the people (especially younger people) and schools. I think there should be a regional or local competition for badminton as I think that its predominant in the sports world.

Lack of sporting / physical activity options in my area

There is nothing at all going on in my town

More sports clubs in Wingerworth after school times e.g. after 6.30pm.

Make sport / physical activity options inclusive to all.

As someone who enjoys doing sports, I feel my area could do with more options for young children as we only offer football and baseball which are male dominated sports, so the girls are missing on the opportunity of taking part.

Better inclusion for all sports for many sports certain groups are put down and are not encouraged to do so.