

## Leisure Centre Impact Assessment

This impact assessment has been completed to reflect the impact that could be the result if continued support is not offered by the Council to the leisure contractor.

	Yes	No
<p><b>Crime and Disorder</b></p> <p>As well as developing individuals, sport and physical activity can help build stronger communities by bringing people together. Sport is widely seen as a way for people of different backgrounds to interact and integrate by taking part, volunteering and spectating. It can provide opportunities for migrants to adapt to living in England and can bridge divides between men and women, homeless people and those who are not homeless, and people with different employment backgrounds. It can have a positive impact on a person's employment opportunities and provide support to those who are not in employment, education or training. There's also clear evidence being active improves educational behaviour and attainment, through greater self-esteem, confidence and direct cognitive benefits. It can also help reduce anti-social behaviour in disaffected young people and increase willingness to volunteer and the development of soft skills, such as integrity, responsibility and leadership.</p>	X	
<p><b>Climate Change and Biodiversity</b></p>		X
<p><b>Human Rights and Equality Impact</b></p> <p>Within sport and physical activity we already recognise that there are inequalities in participation levels between identified groups. Sport and Leisure sectors are therefore providing targeted activity and support in an attempt to address these inequalities by: Tackling inequalities for women; Tackling inequalities for lower socio-economic groups; Children and young people; and Disabled people. If the leisure centres are not available to offer this targeted work the gap in these inequalities are likely to continue or get even greater.</p>	X	
<p><b>Safeguarding and Early Help</b></p>		X
<p><b>General Data Protection Regulations (GDPR)</b></p>		X
<p><b>Health and Wellbeing</b></p> <p>Being physically active can give a huge boost to our health. It can reduce the risk of developing type 2 diabetes by 30-40% and can reduce the risk of a range of medical conditions, including cancer, dementia, strokes, heart disease and depression. Sport and physical activity can help prevent ill health as well as provide therapeutic and management effects for those suffering - particularly for people affected by cancer. It can also lead to improvements in strength, balance, movement and motor skills, and help in maintaining a healthy body weight. Other physical wellbeing outcomes backed by evidence include improved quality of sleep, increased energy levels, healthy early years development, reduced unhealthy behaviours like smoking, reduced mortality, effective pain management and improved quality of life in ageing. Sport and physical activity can also have a positive impact on mental wellbeing. Physical activity can contribute to enjoyment and happiness, and more broadly to life satisfaction through increased social interaction. Volunteers and sports fans also have an increased sense of purpose and</p>	X	

pride, while self-esteem and confidence are known to increase through participation or volunteering. Sport and physical activity also have the potential to reduce anxiety and depression symptoms.		
<b>Other</b> (please specify)		