

# Sport & Physical Activity Resident Survey

Summary Report – November 2025



# 1. Introduction

This report presents the findings of the Sport and Physical Activity Residents Survey conducted between June and September 2025. The survey was completed by people aged 16 or over and who live in the West Lindsey District or take part in physical activity in our district.

The primary objective of this research was to establish:

- Current activity levels
- What physical activity and sport people participate in
- Understanding of facilities usage (including our 2 leisure centres)
- View on what investment residents would like to see across the district.

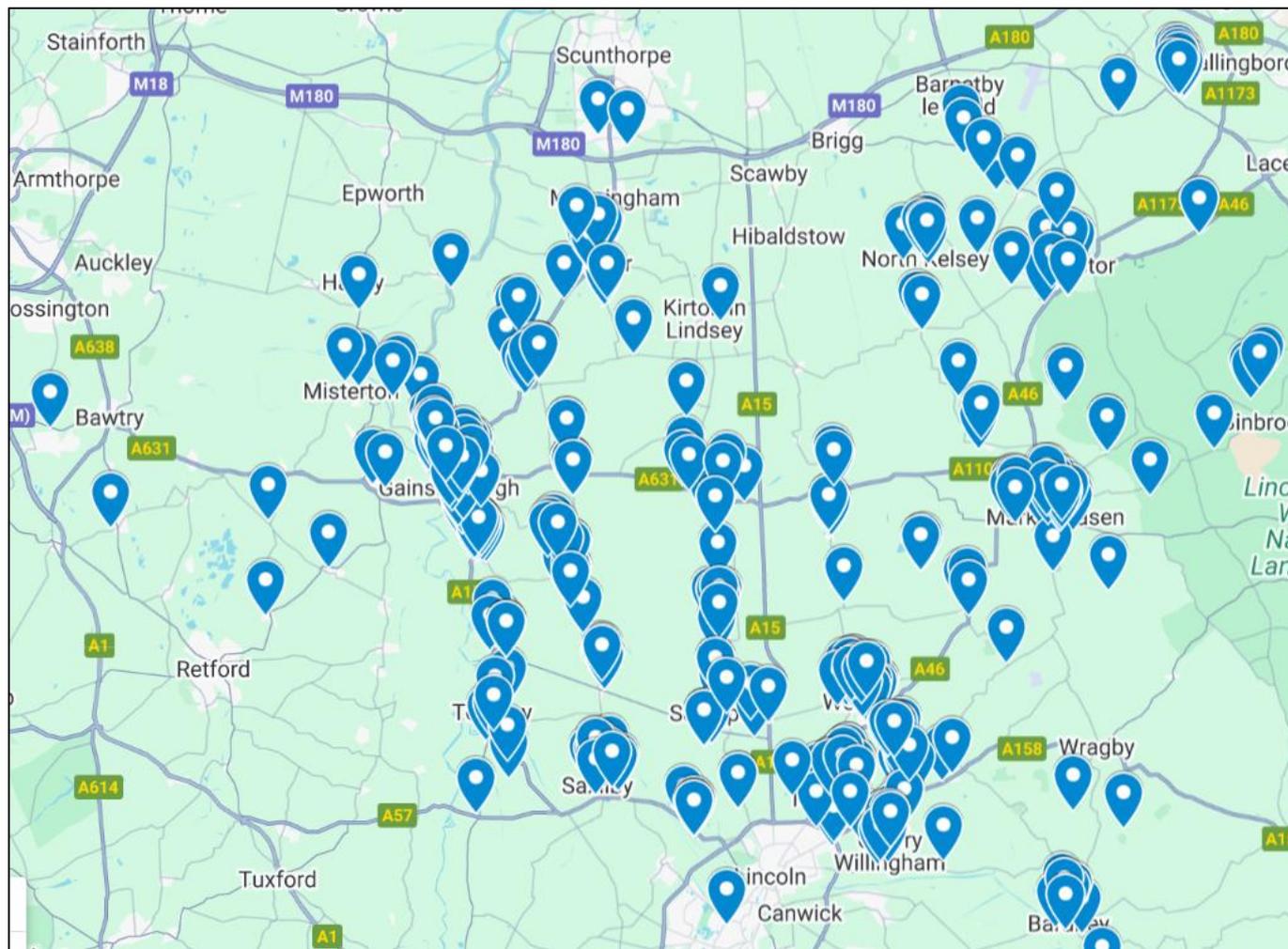
The data collected will help us identify what support and opportunities are needed in our communities to help residents lead healthy active lives.

The survey was available online for anyone to access and was also sent to the West Lindsey Citizen panel to complete. 659 people took the time to complete the survey and to share their views. All questions were optional for residents to complete and allowed for some open responses. Not all open question responses have been shared in this report but will be taken into consideration as part of strategy development.

The results of the survey will be used to help develop the West Lindsey Sport and Physical Activity strategy by providing evidence of need. Alongside this data we will also use findings from school survey workshops, our clubs and sport groups survey as well as statistical data from external sources.

## 2. Survey Results- Locations

The results from the surveys have been plotted on to a map which demonstrates how the responses were spread across the district.



### Data by ward:

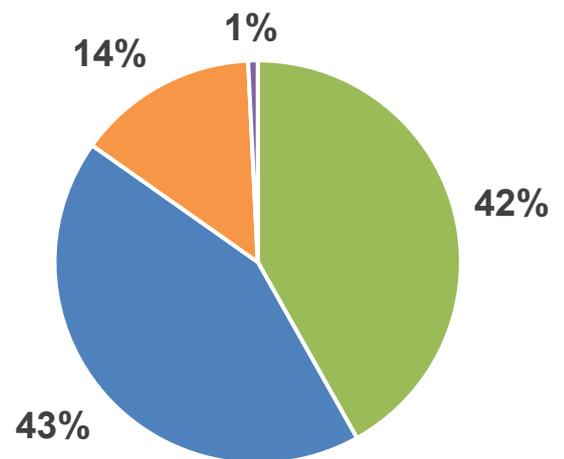
Location	No	Location	No	Location	No
Gainsborough North	62	Sudbrooke	19	Clayworth	2
Dunholme and Welton	54	Hemswell	18	Axholme South	1
Scotter and Blyton	48	Wold View	18	Harworth	1
Market Rasen	45	Kelsey Wold	17	Misterton	1
Gainsborough Southwest	44	Scampton	16	Moorland	1
Nettleham	37	Stow	16	Ranskill	1
Lea	33	Torksey	16	Ridge	1
Saxilby	33	Bardney	13	Skellingthorpe	1
Gainsborough East	32	Waddingham and Spital	7	Sturton	1
Caistor and Yarborough	31	Beckingham	3	Postcode not given	53
Cherry Willingham	30	Bottesford	2	Invalid postcode	2

### 3. Activity Levels

*The Chief Medical Officer recommends adults should be participating at least 150 minutes of moderate intensity exercise per a week. This is described as increased breathing when exercising but having the ability to talk.*

**Based on the above statement, residents told us they were:**

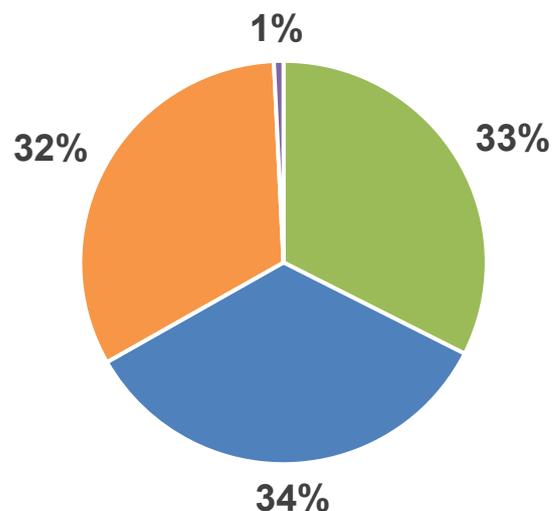
- Active (more than 150 minutes a week)  
**276 residents**
- Fairly active (30 to 150 minutes a week)  
**283 residents**
- Inactive (less than 30 minutes a week)  
**95 residents**
- No response  
**5 residents**



*In addition to moderate activity, it is recommended adults should take part in activities or tasks which aim to build strength on at least 2 days a week.*

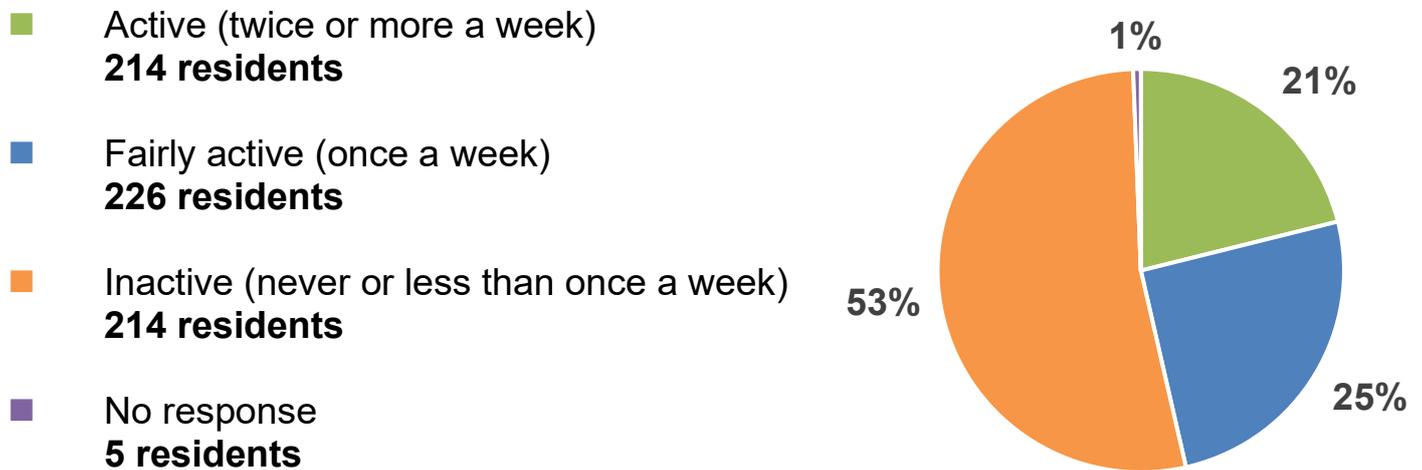
**Residents told us how often they take part in strength-based activities:**

- Active (twice or more a week)  
**214 residents**
- Fairly active (once a week)  
**226 residents**
- Inactive (never or less than once a week)  
**214 residents**
- No response  
**5 residents**

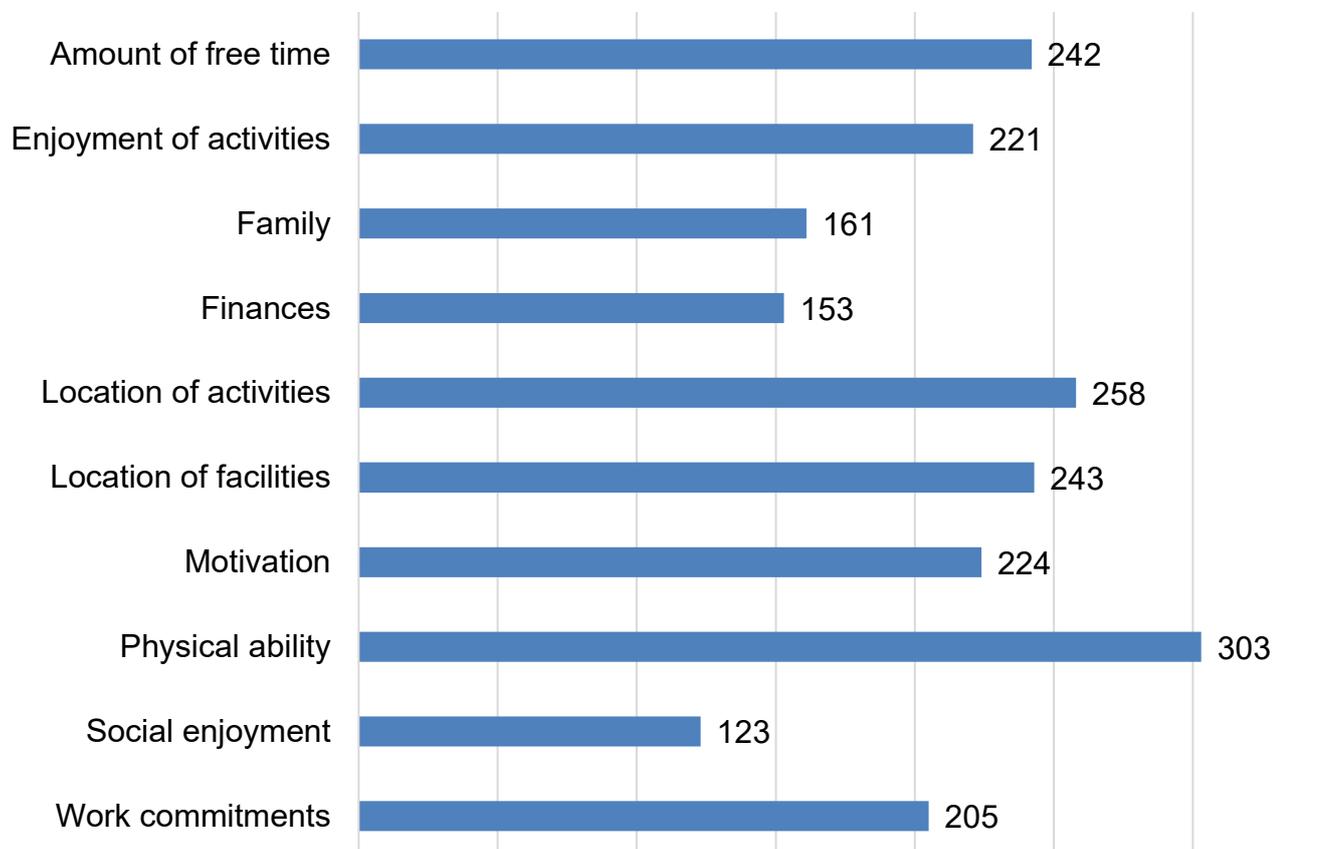


*In addition to moderate activity, it is recommended older adults should take part in activities or tasks which aim to improve balance on at least 2 days a week.*

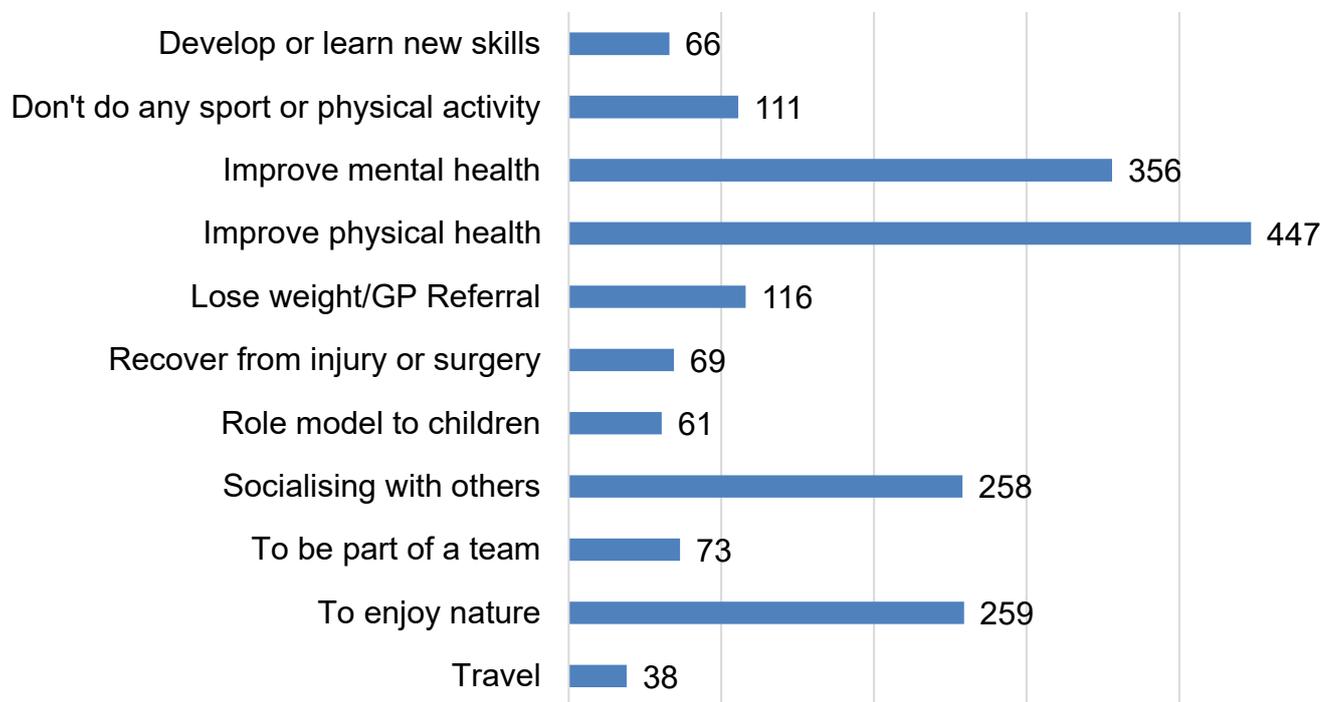
**Residents told us how often they take part in these types of activities:**



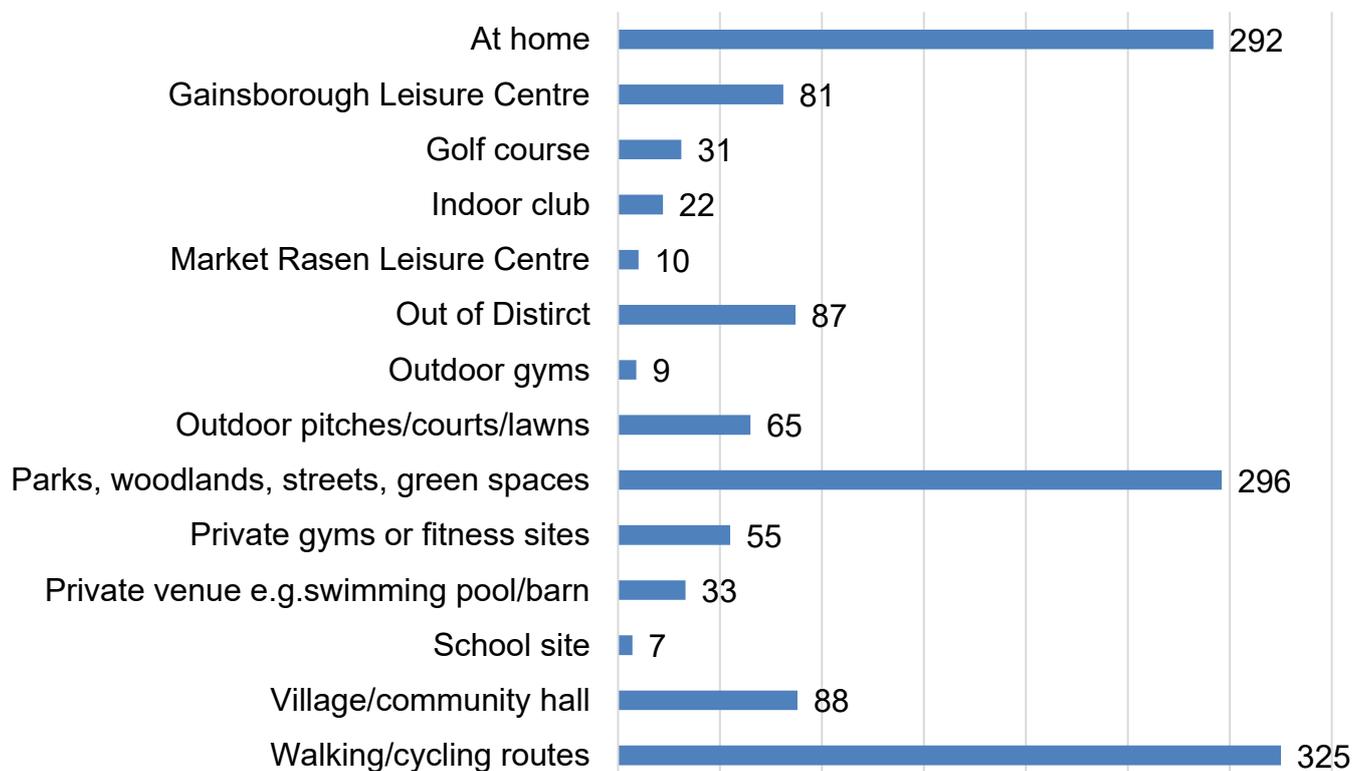
**We asked which of the following dictates residents activity levels:**



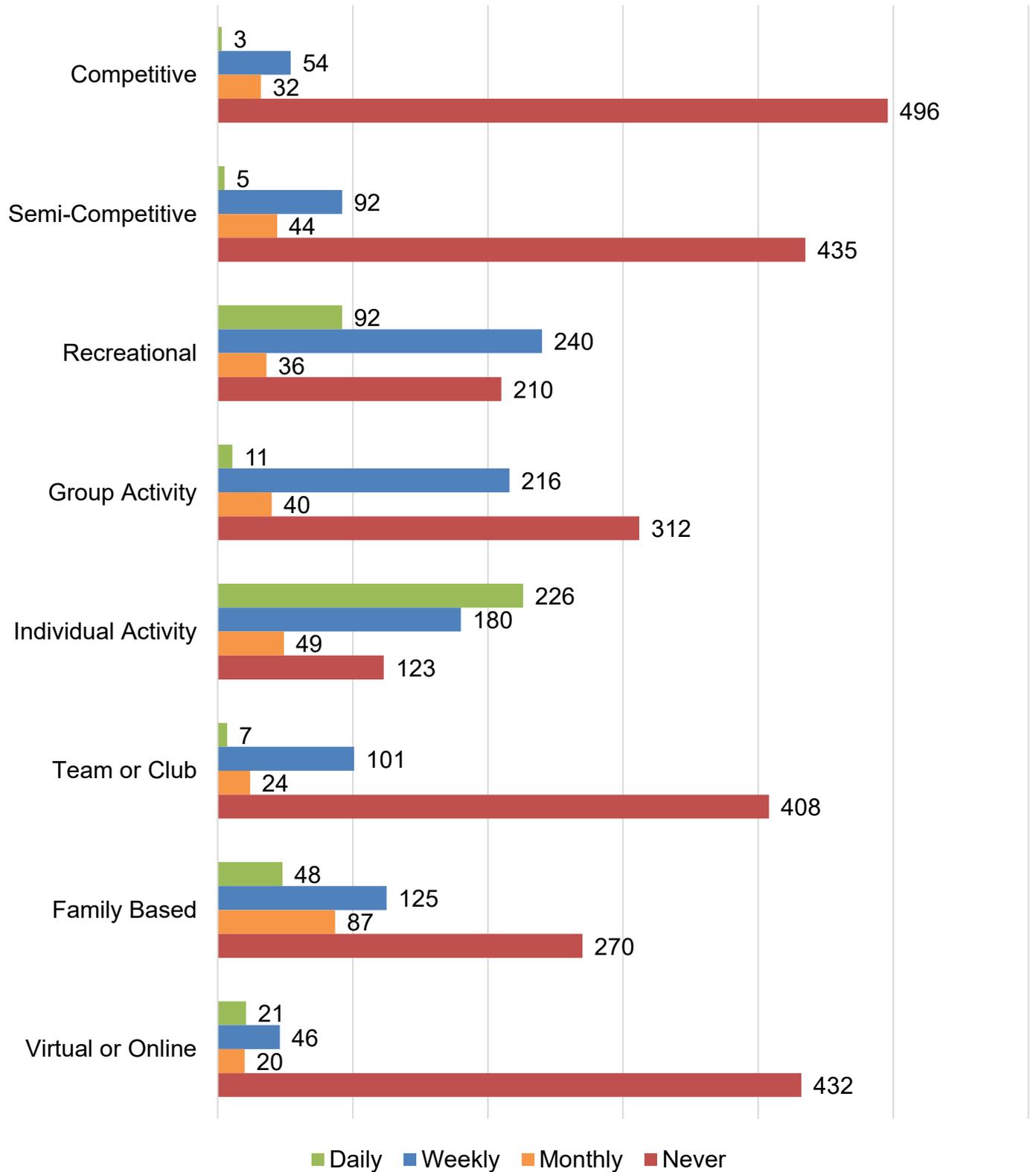
**We asked residents why they take part in sport or physical activity:**



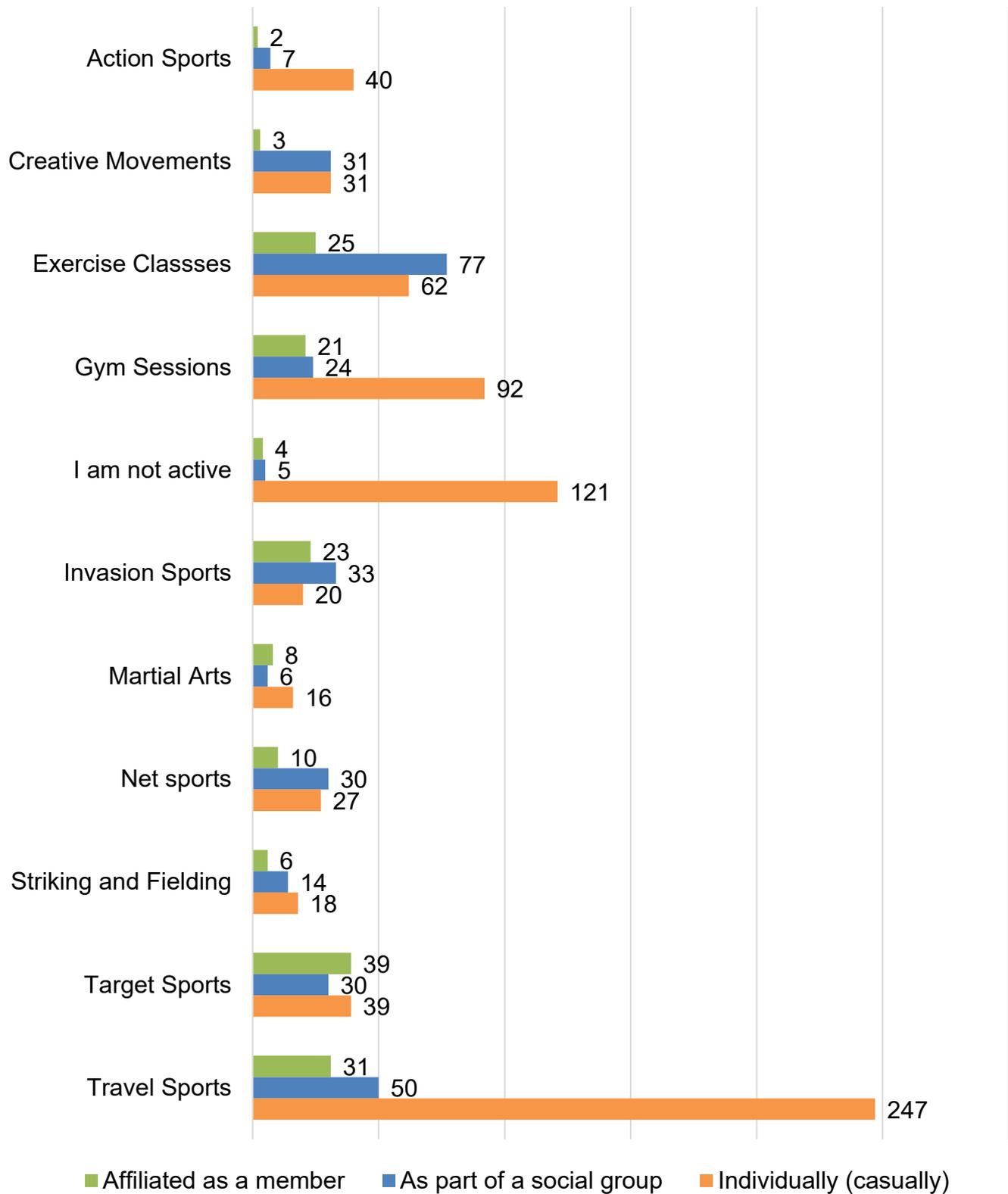
**We asked residents where they regularly take part in sport or physical activity:**



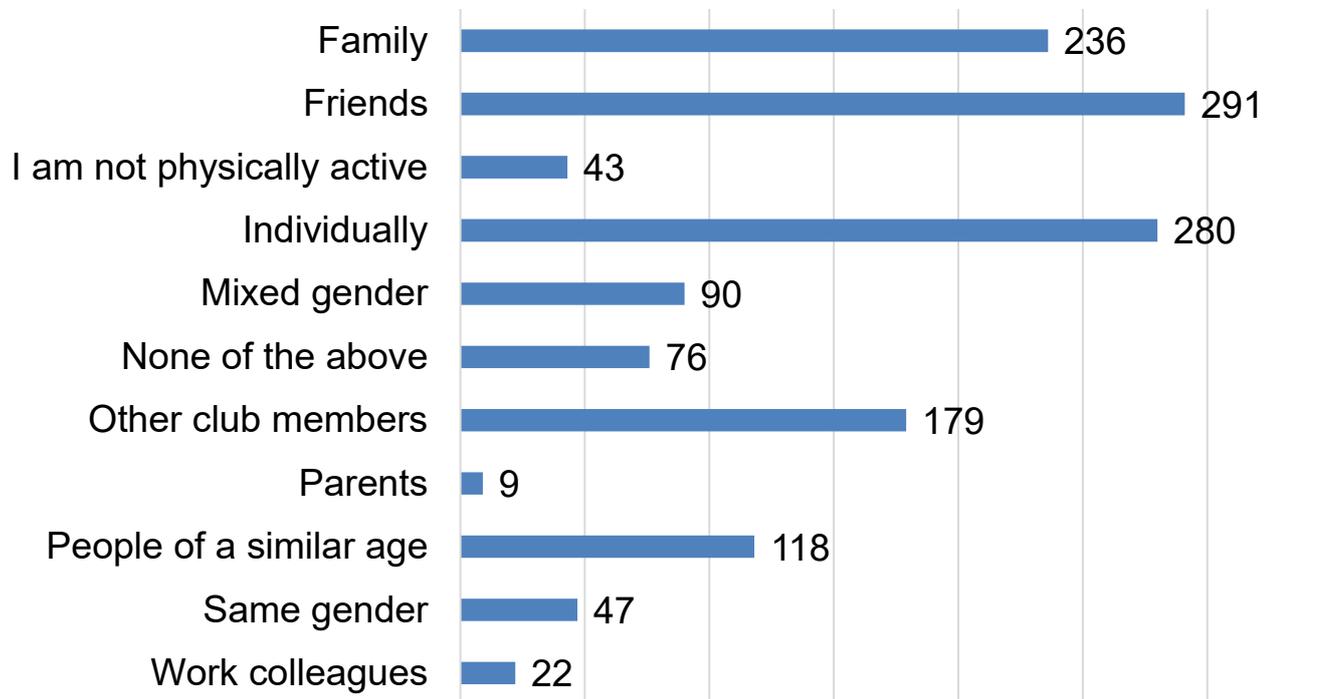
We asked residents how often they take part in the following sport or physical activity formats:



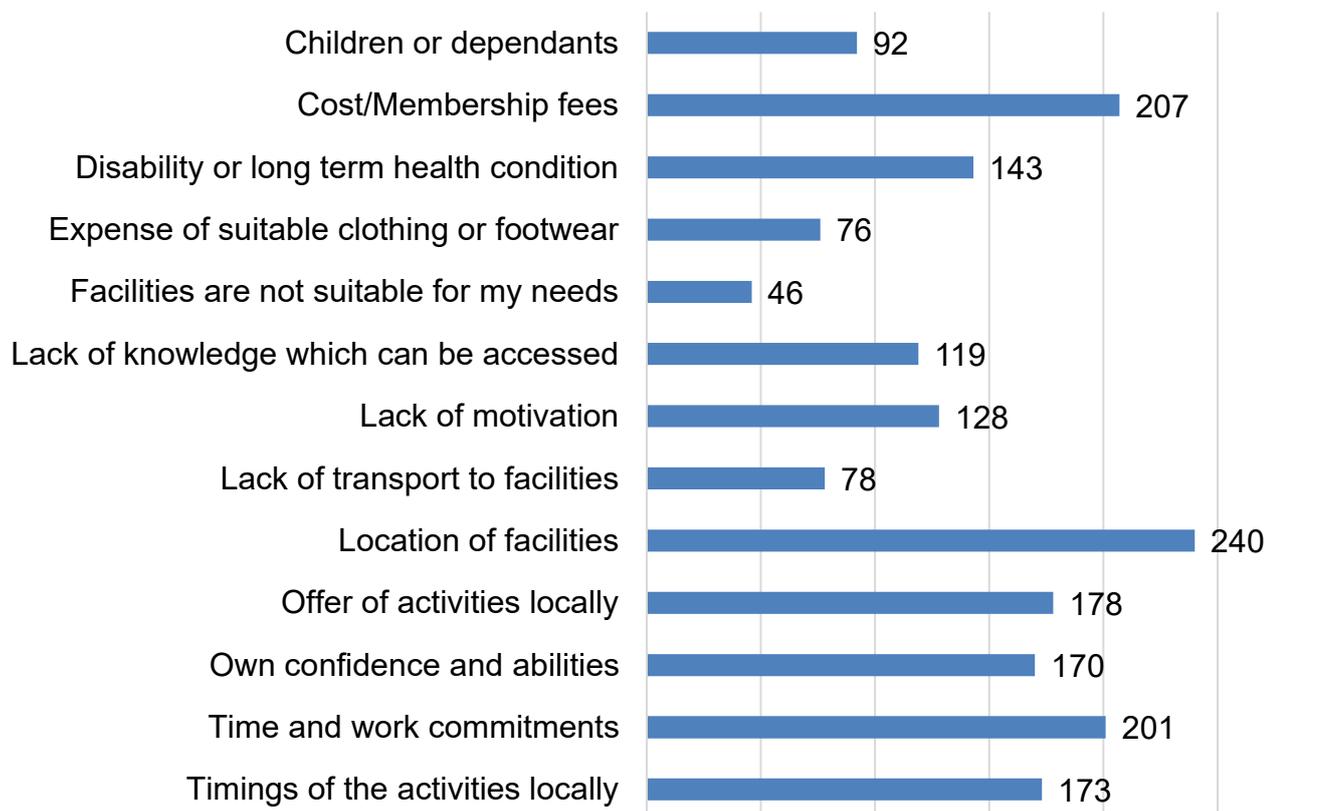
We asked residents how they take part in the following sport or physical activity:



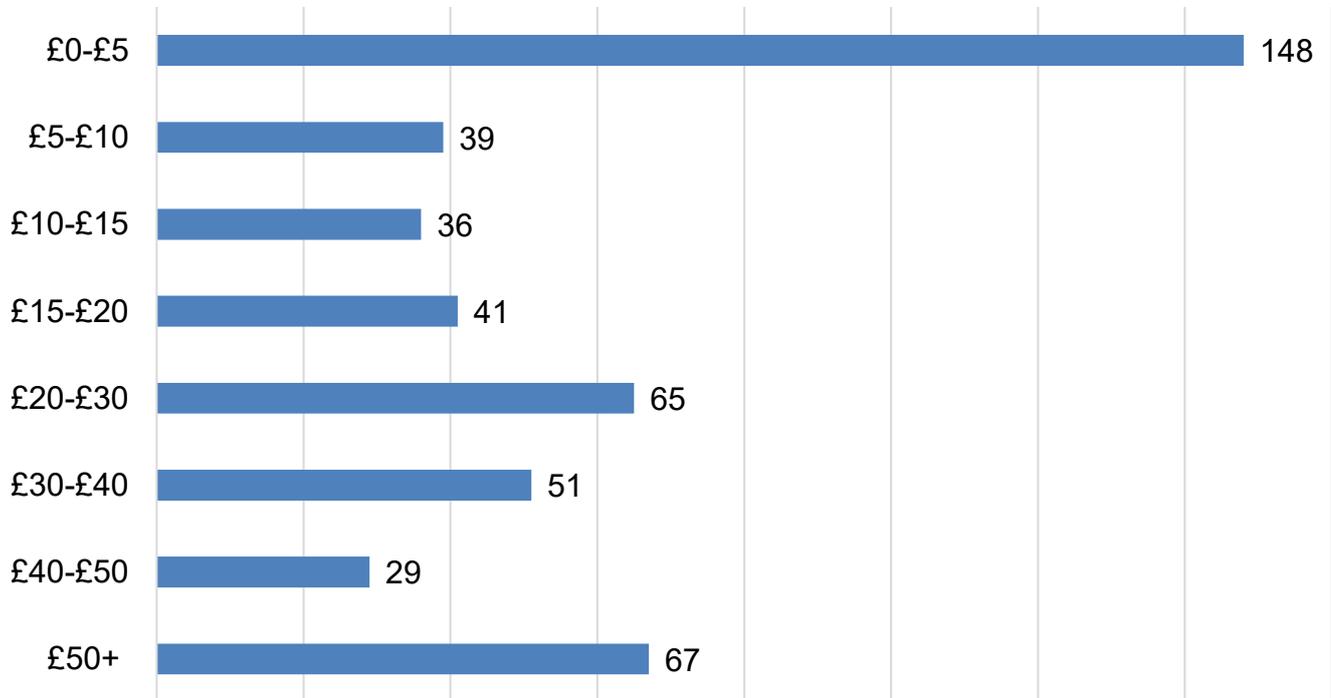
**We asked residents who they participate in sport or physical activity with:**



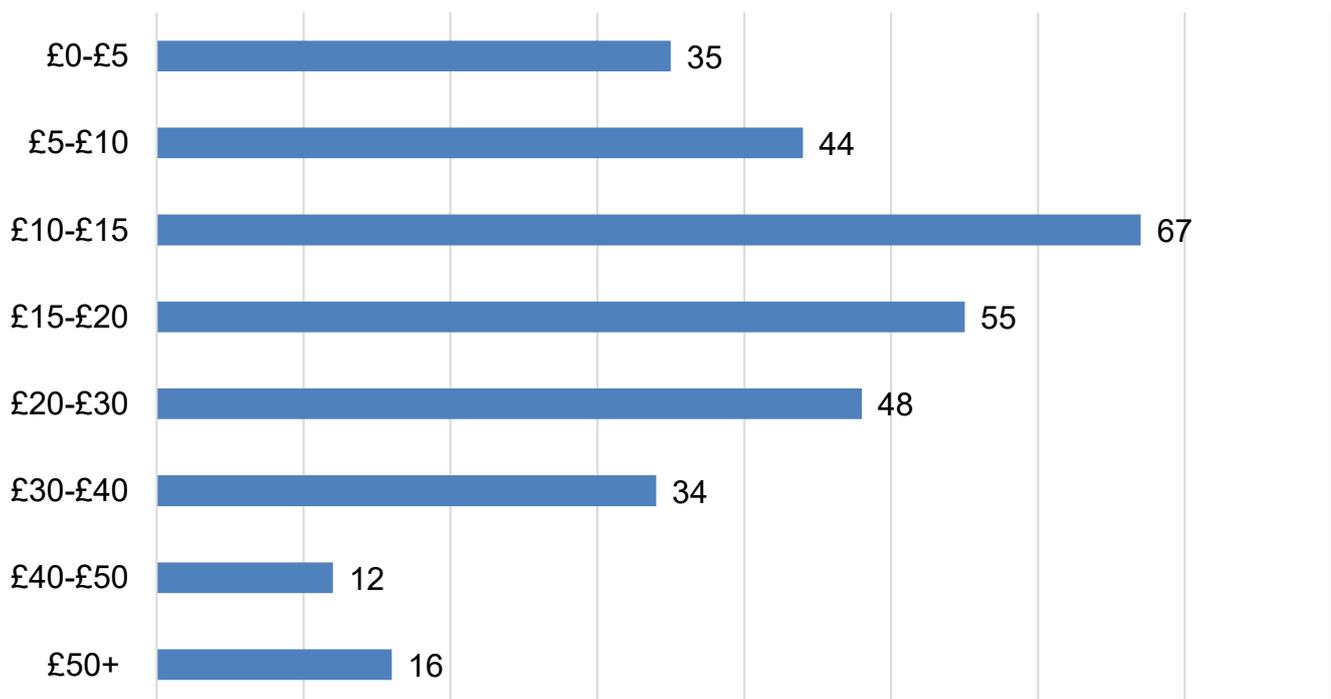
**We asked residents which of the following prevent them from being active:**



**We asked residents how much they spend on their own sport or physical activity each month:**

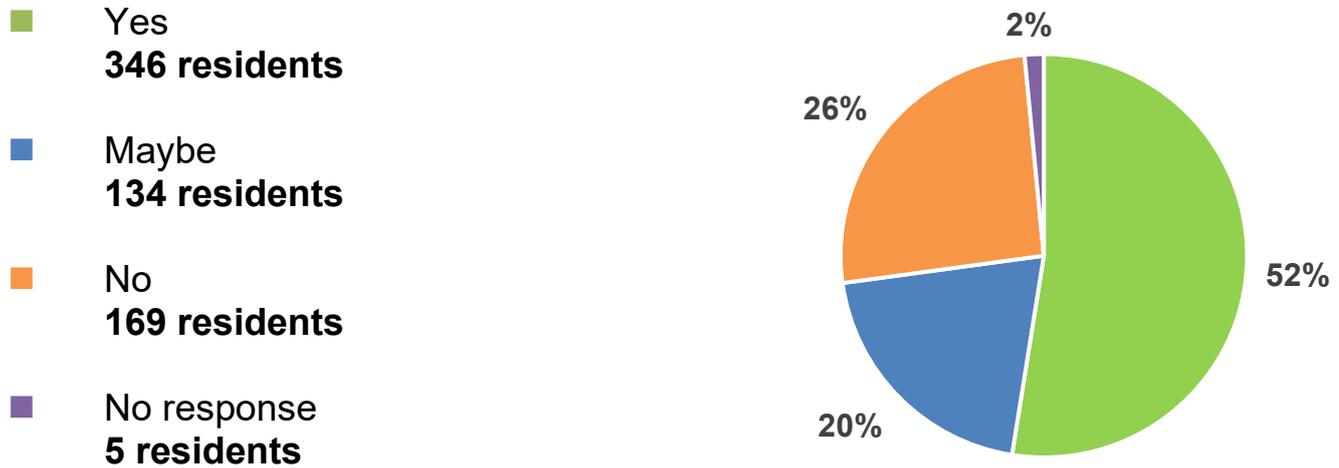


**We asked residents who are not currently active, how much would they be willing to spend on their own sport or physical activity each month:**

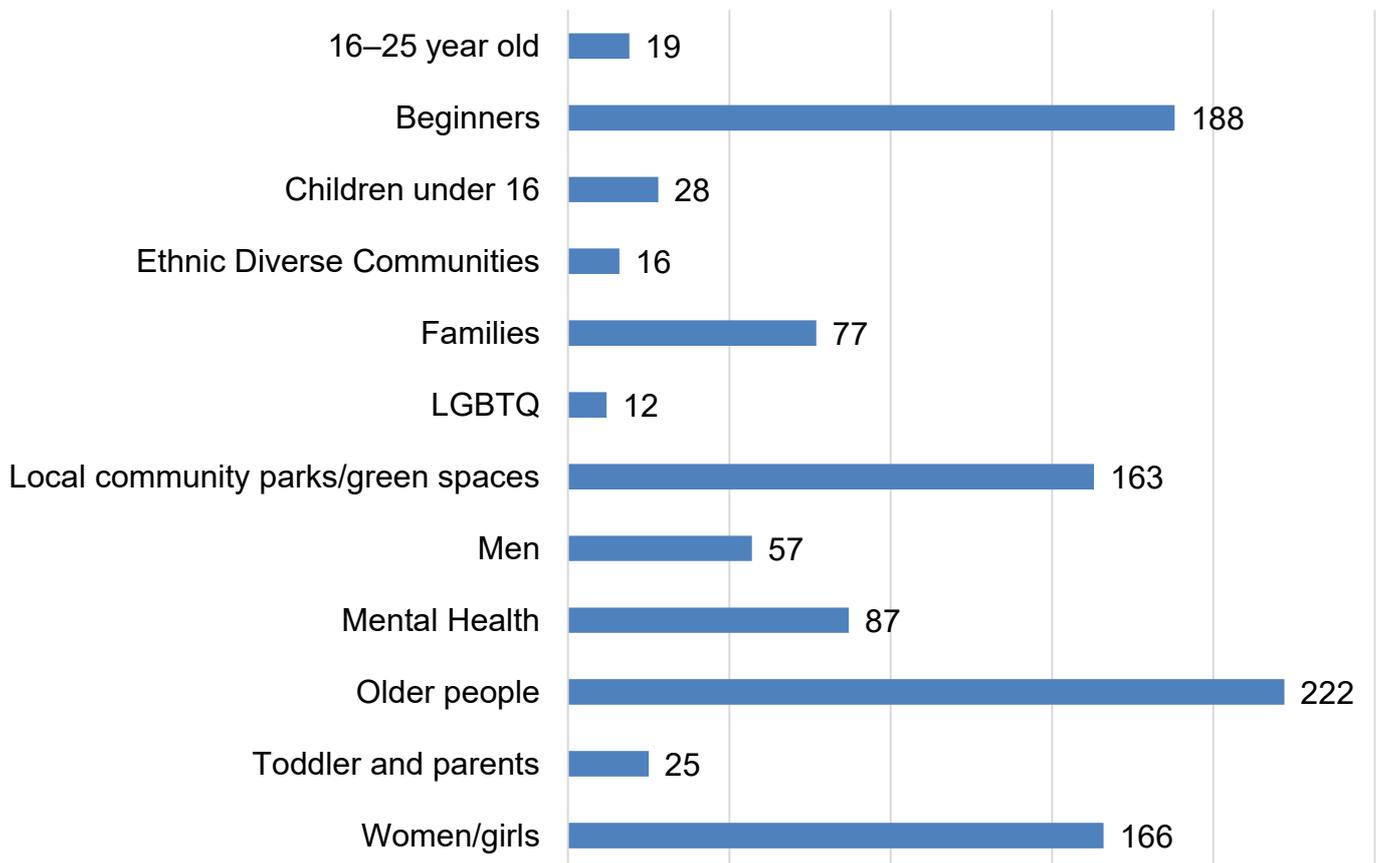


## 4. Increasing Activity Levels

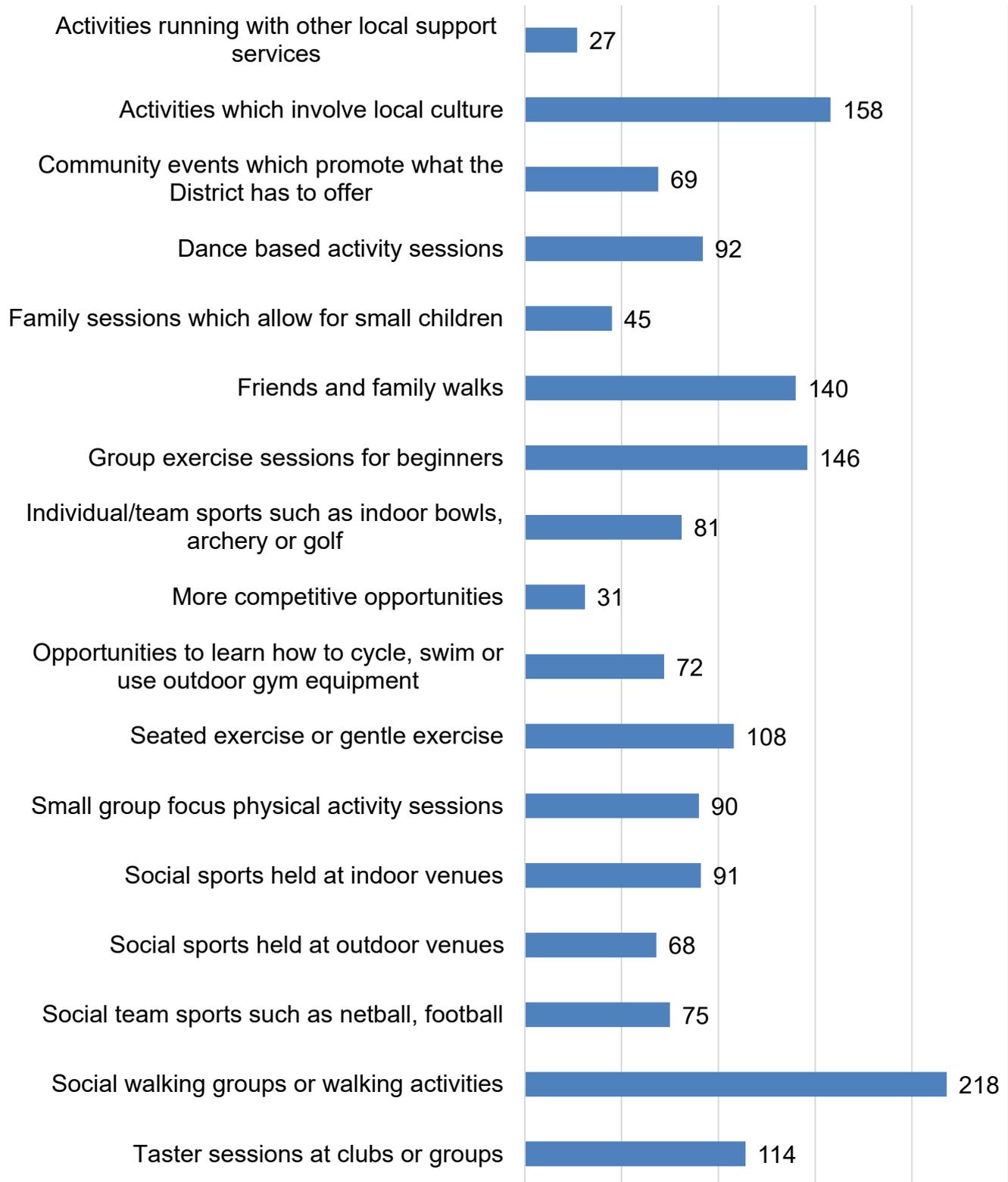
We asked residents if they would like to be more active:



We asked if any of the following group sessions would help residents to become more active:



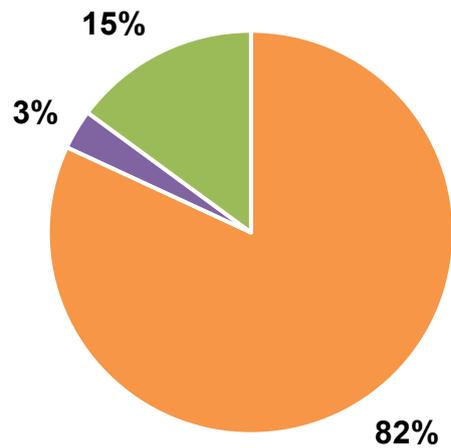
**We asked residents to consider if any of the following types of activities would encourage them to become more active:**



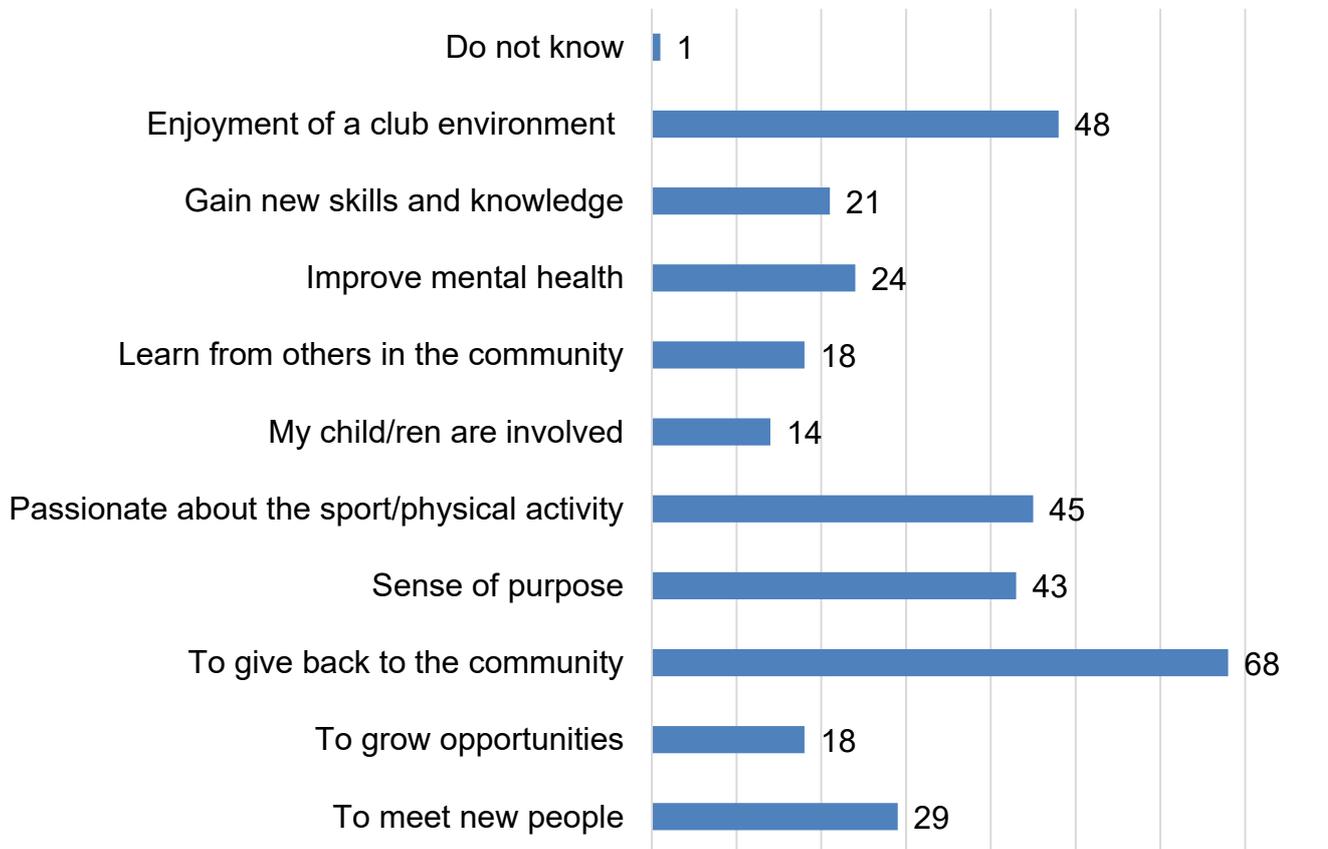
## 5. Volunteering in Sport

Residents were asked if they volunteer for local sports clubs, groups or sessions:

- Yes  
**98 residents**
- No  
**540 residents**
- No response  
**21 residents**



We asked residents to share their reasons for volunteering:



**We asked residents what prevents them from volunteering:**



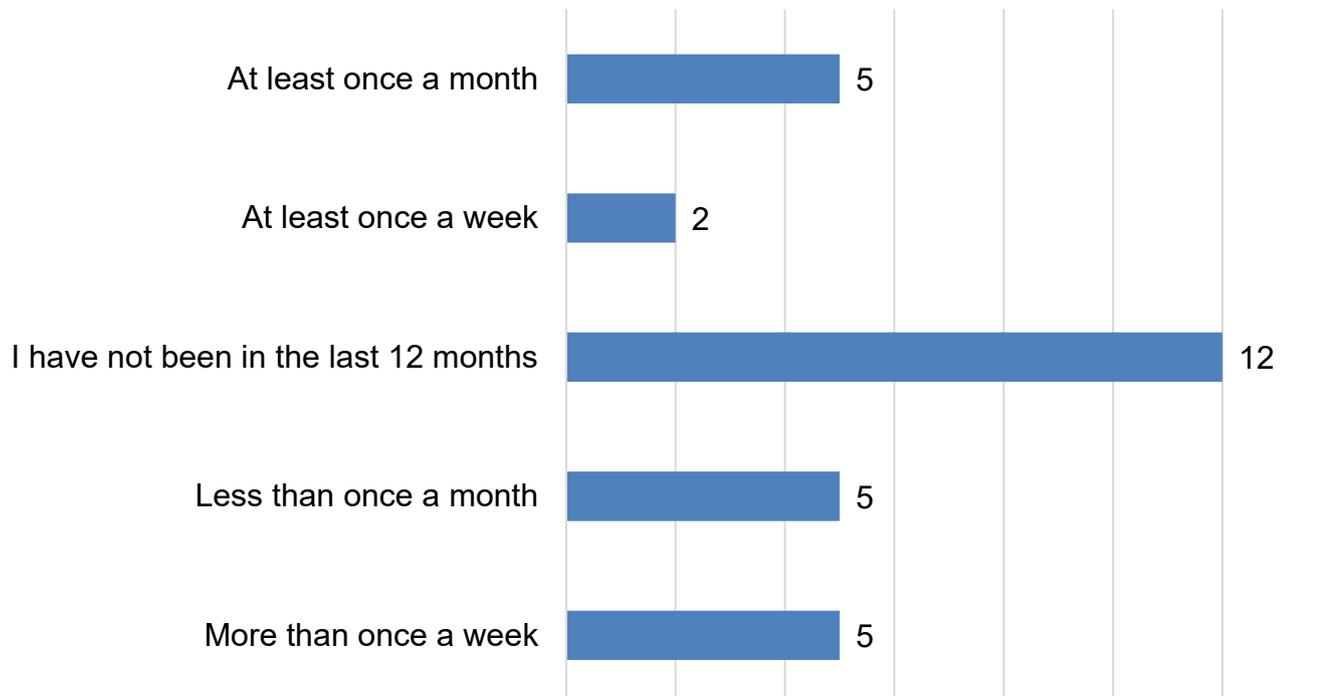
*The main other reasons why people do not volunteer are due to factors such as age, physical ability and are a volunteer in another sector.*

## 6. West Lindsey Leisure Centres

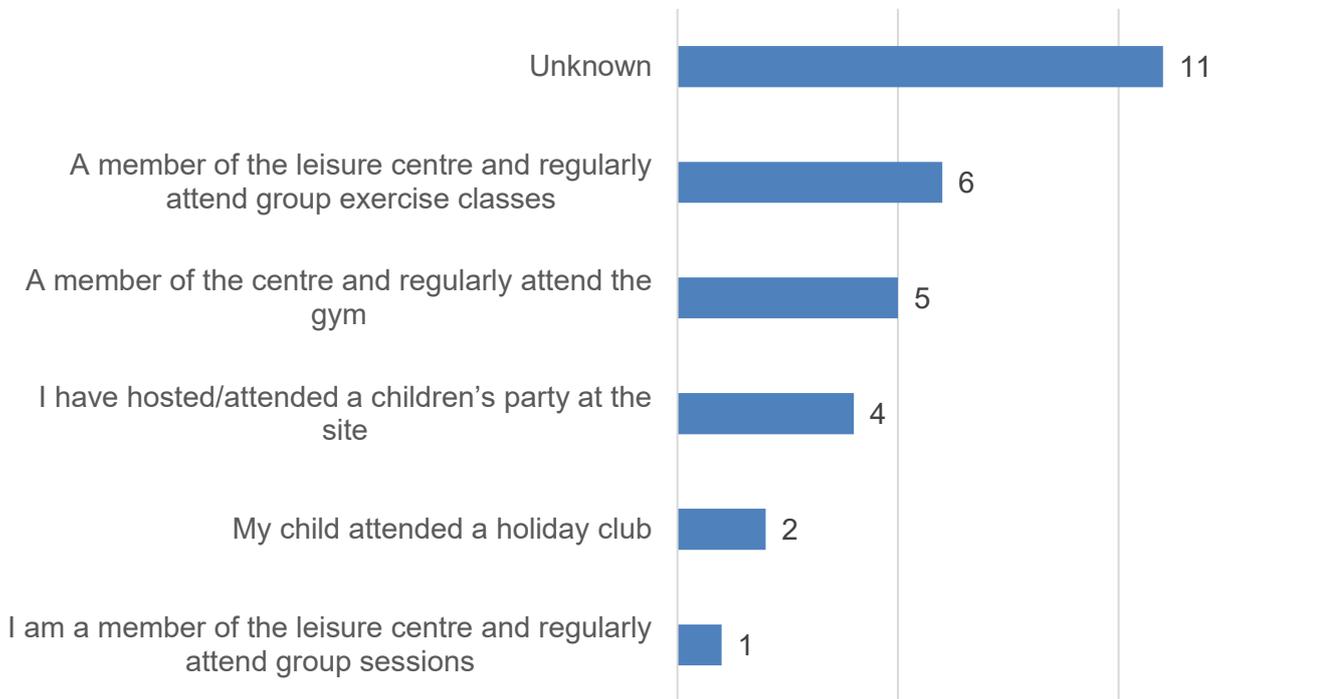
We asked residents if they have visited Market Rasen Leisure Centre before:



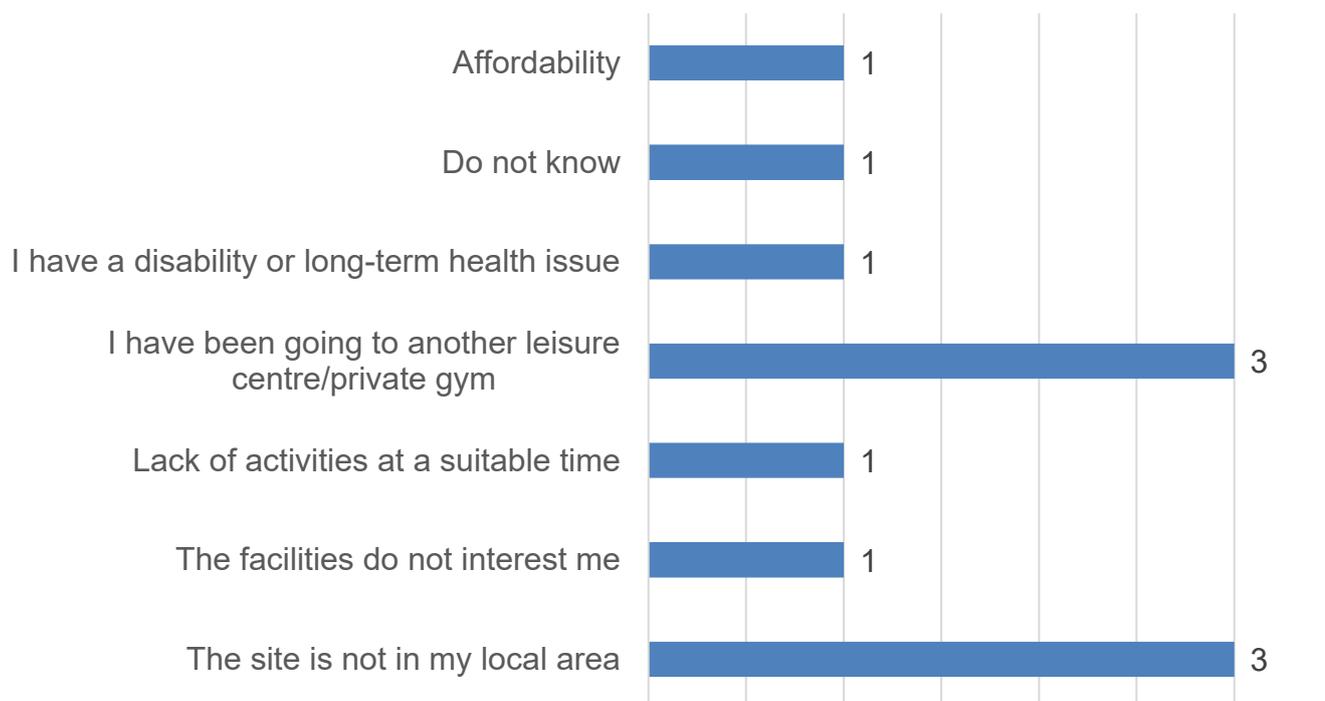
From the people who have visited the site we asked them to share how often they visit the site:



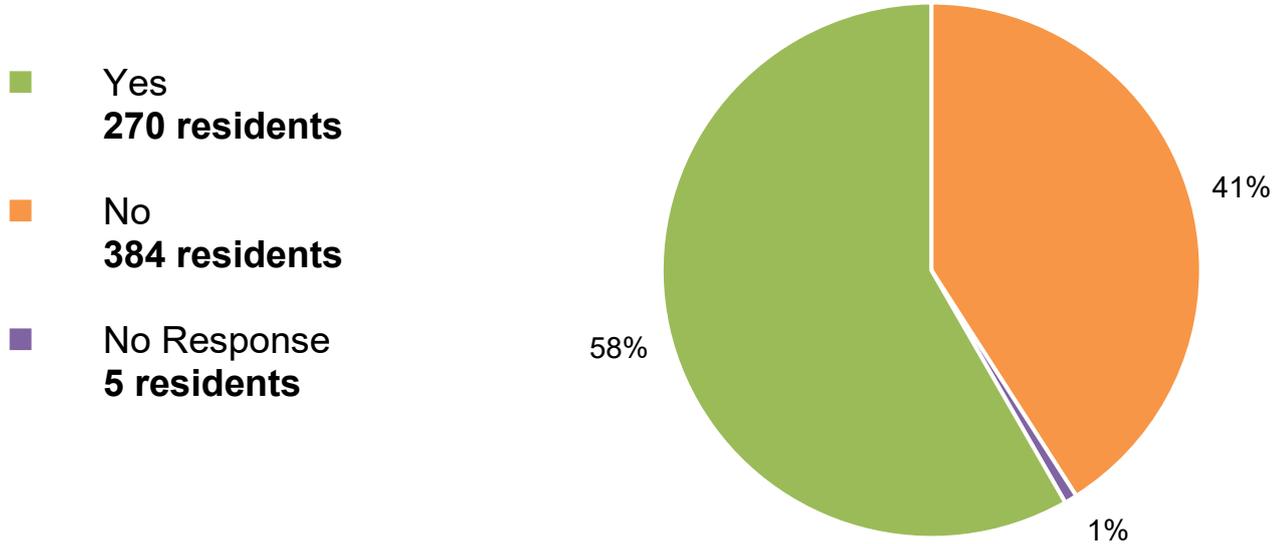
**We asked residents what their purpose was when visiting the leisure centre:**



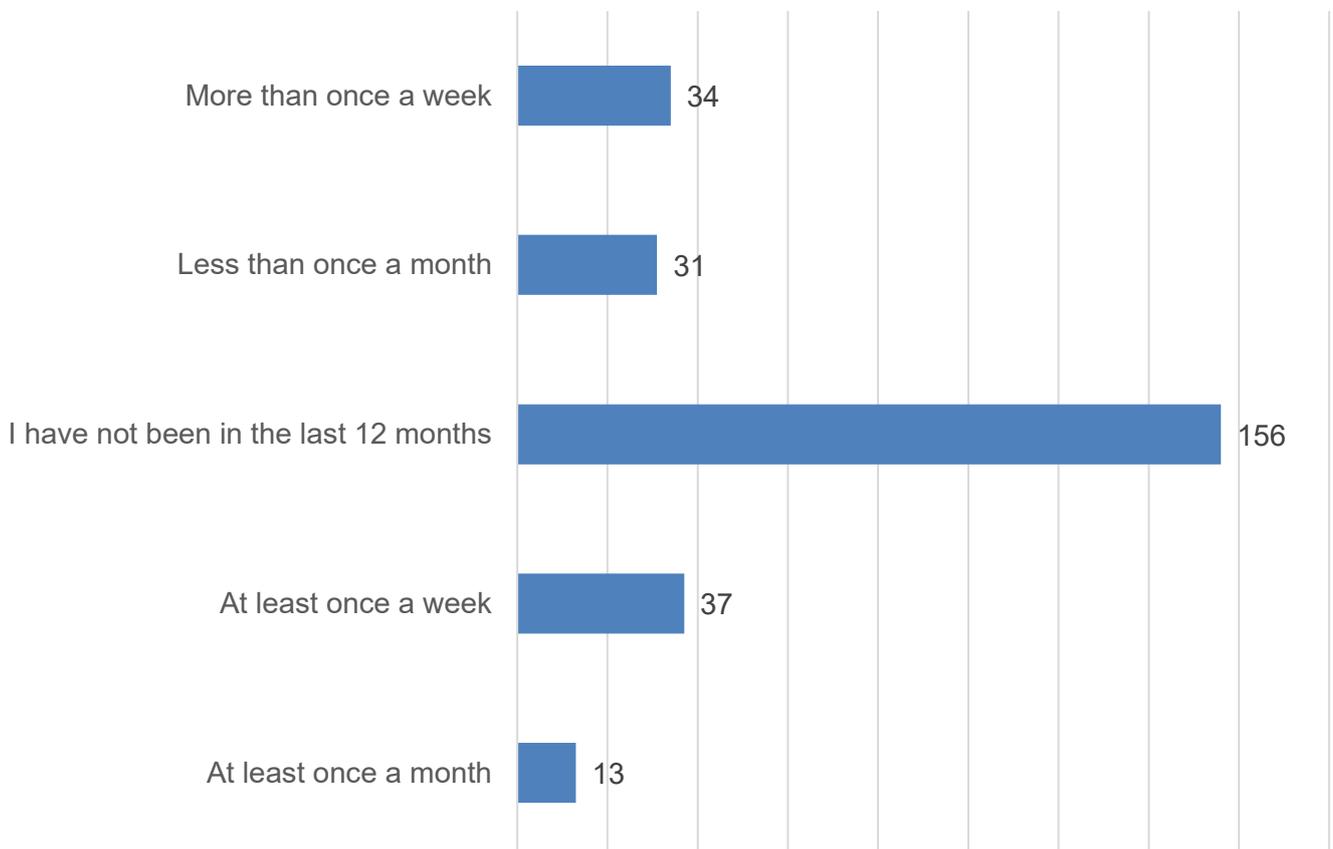
**We asked residents what best describes why they have not visited the centre in the last 12 months:**



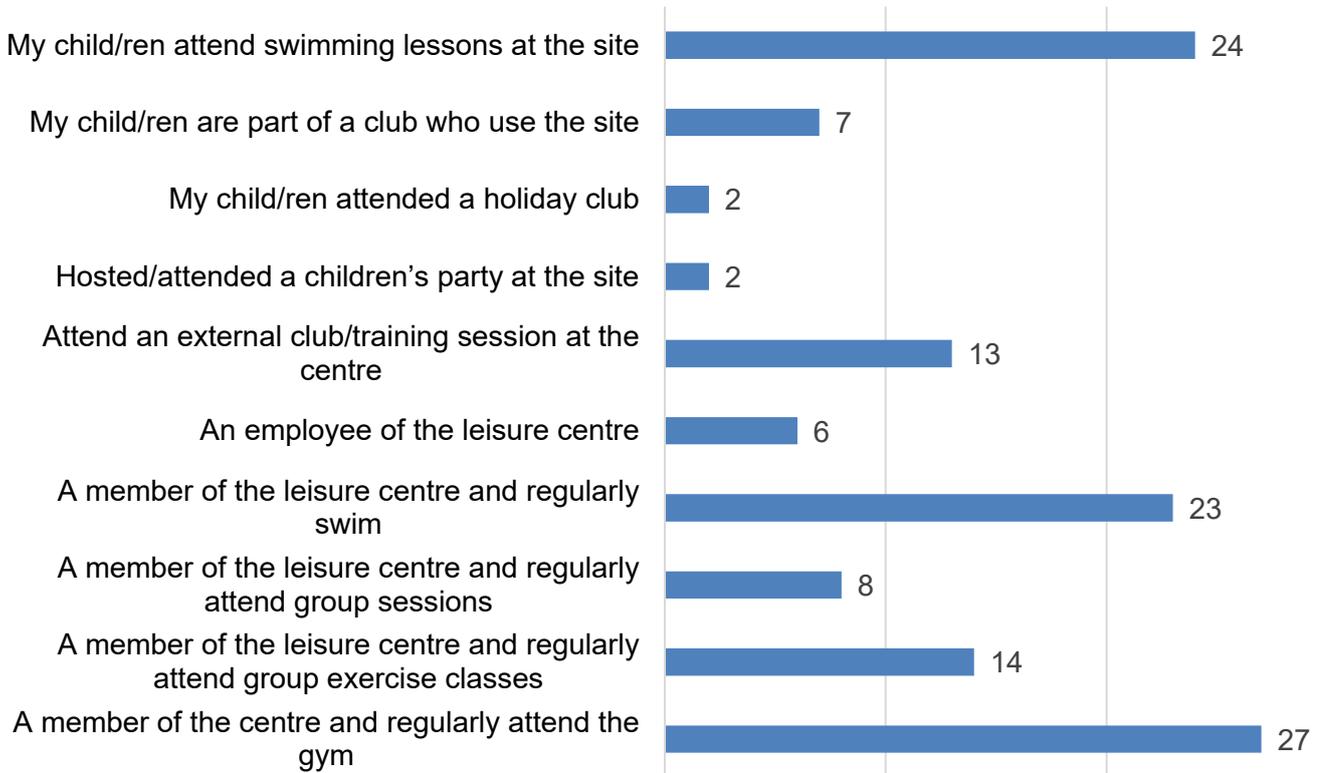
We asked residents if they have visited West Lindsey Leisure Centre Gainsborough before:



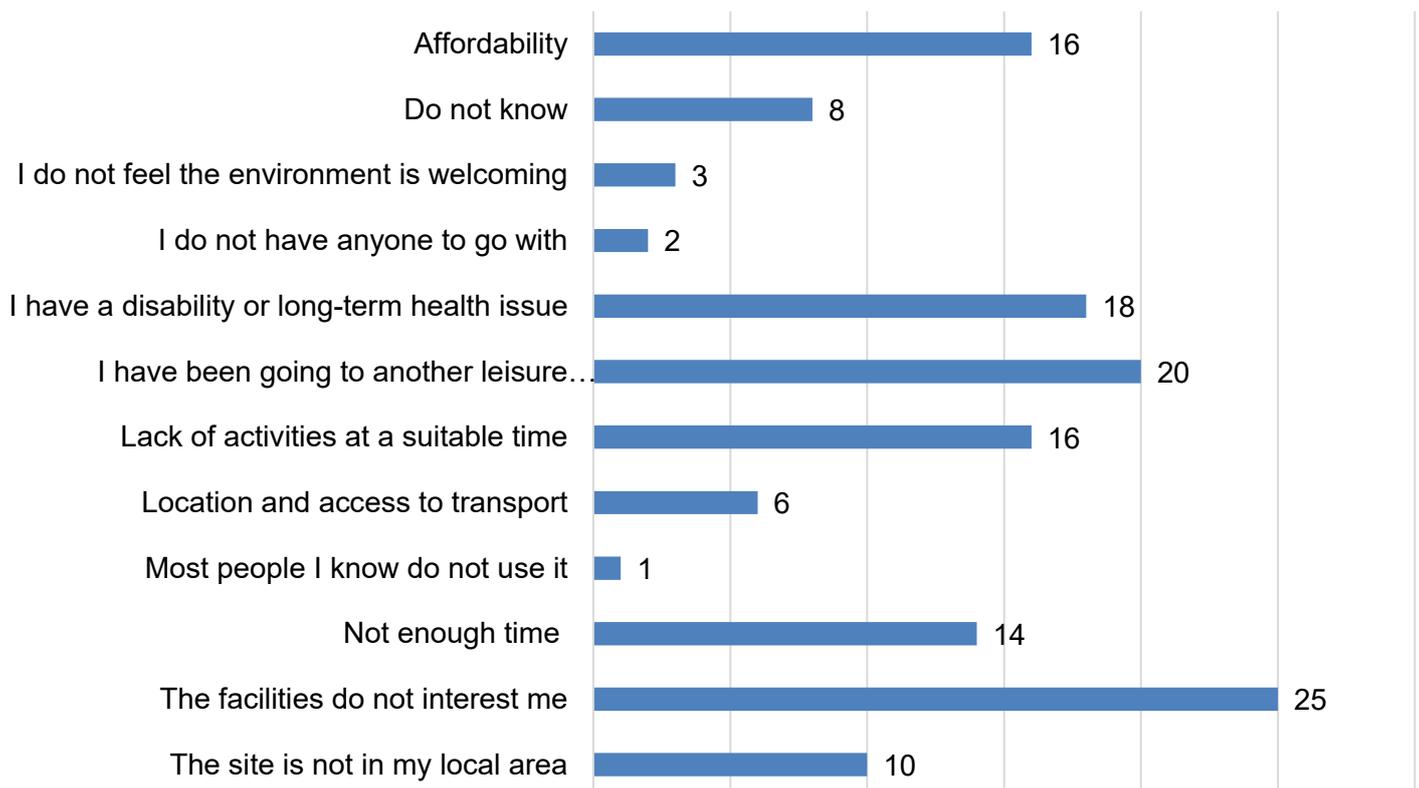
From the people who have visited the site we asked them to share how often they visit the site:



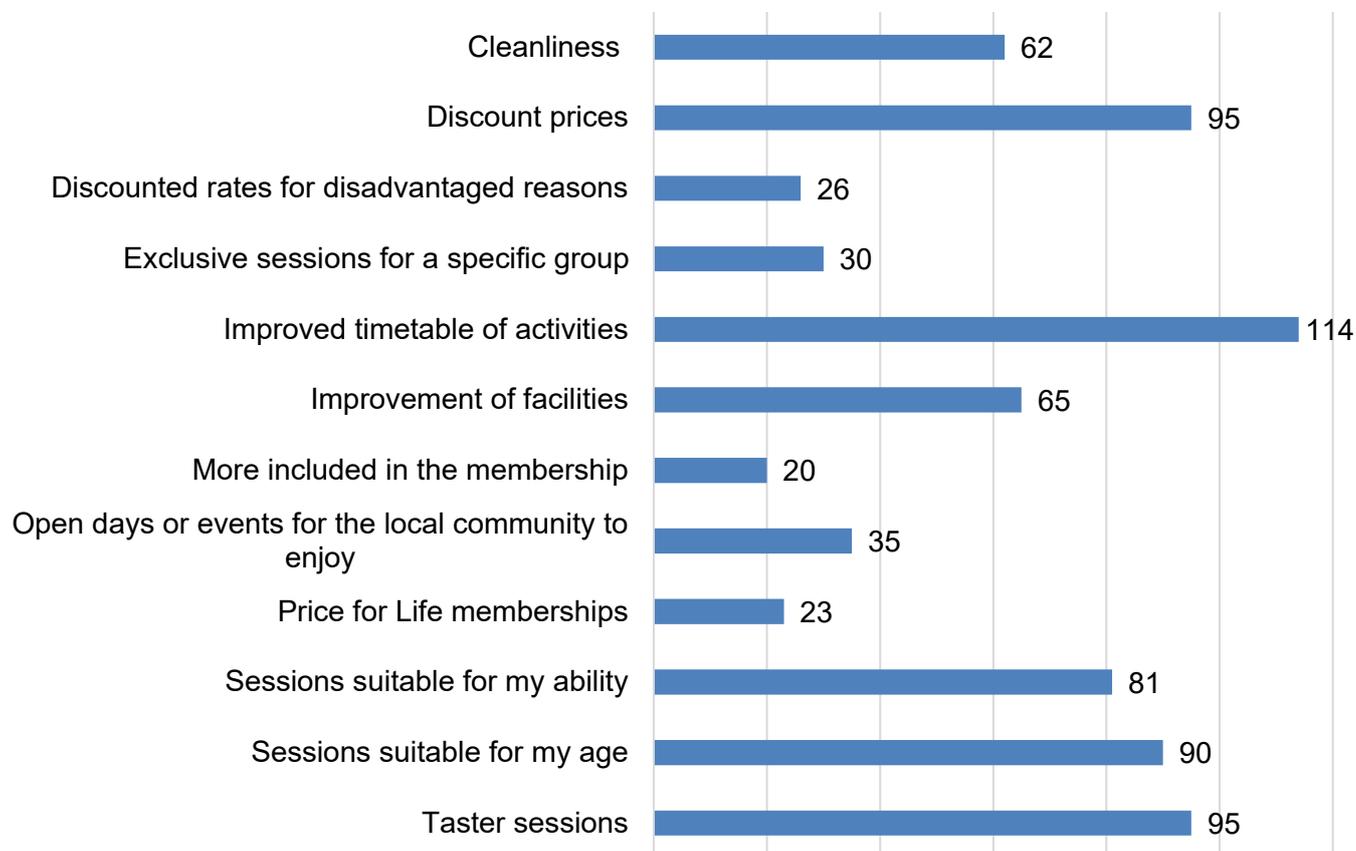
**We asked residents what their purpose was when visiting the leisure centre:**



**We asked residents what best describes why they have not visited the centre in the last 12 months:**



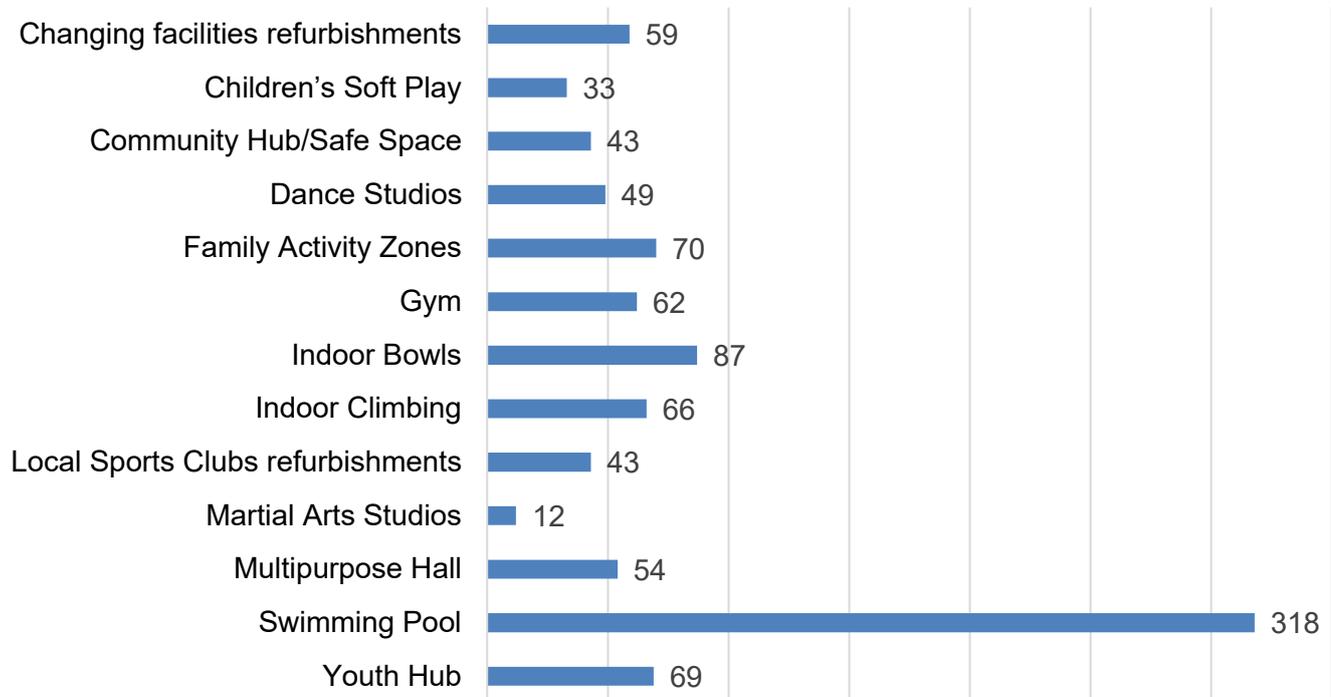
**We asked residents what would encourage them to use the leisure centre more:**



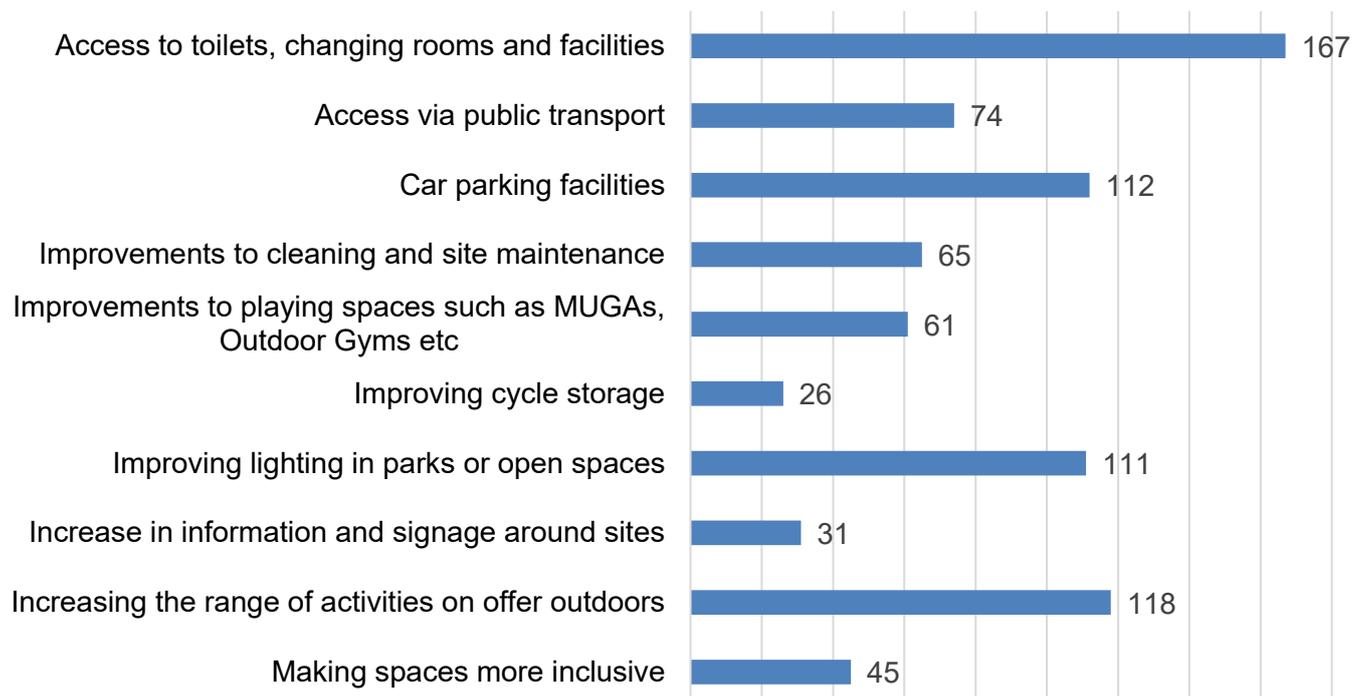
245 residents stated none of the options above would encourage them to use the site more.

## 7. Future Investments

We asked residents what investments they would like to see for indoor facilities across the district:

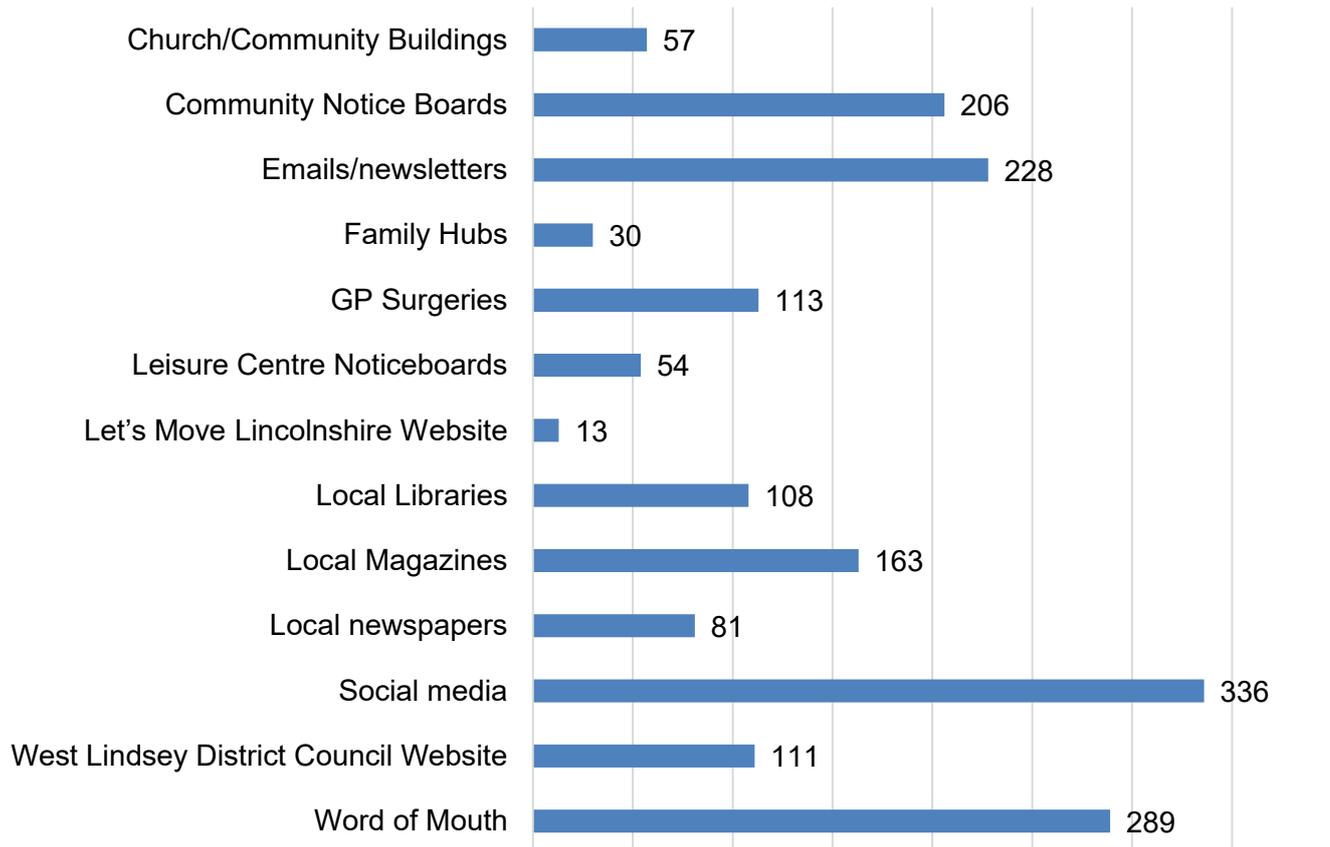


We asked residents what investments they would like to see for outdoor facilities across the district:



## 8. Promotion

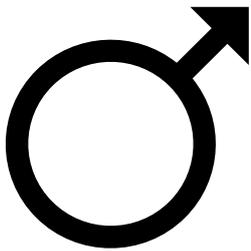
We asked residents what the best way for them to find out about new opportunities in your local area:



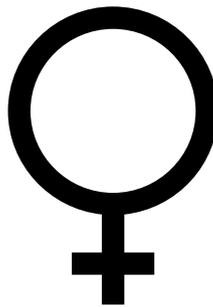
## 9. Summary of Participants

As part of our survey, we asked residents if they would share information about themselves with us.

We asked residents to share their gender:



**Male**  
251



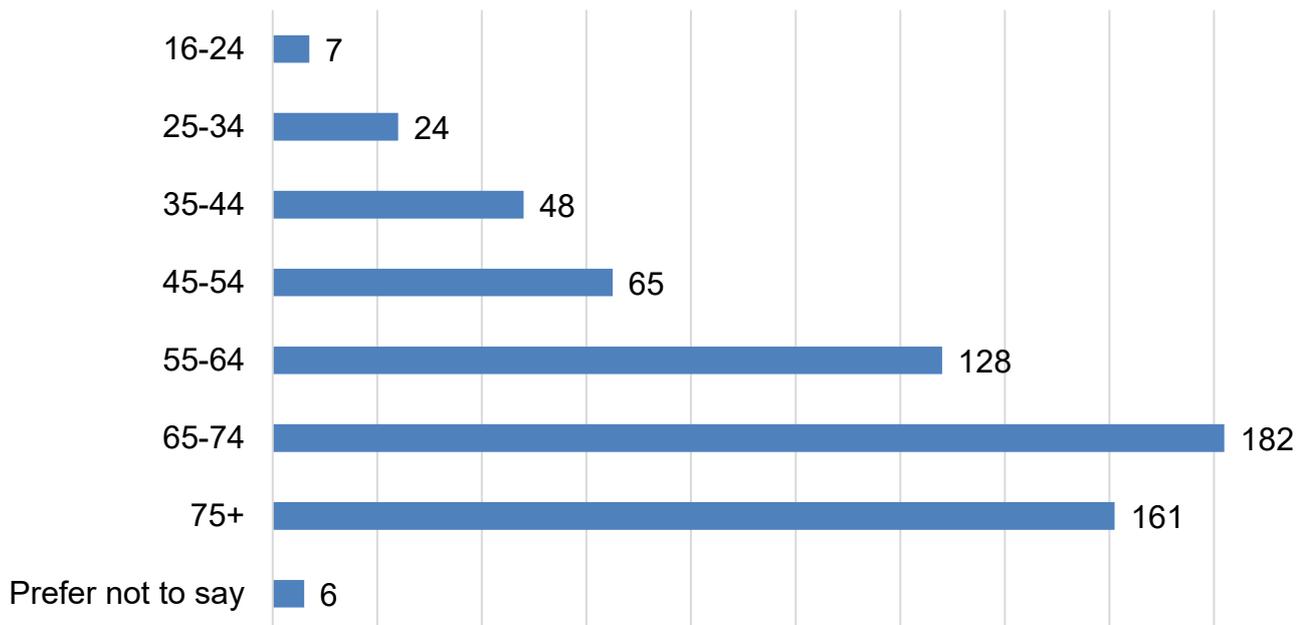
**Female**  
356



**Transgender**  
1

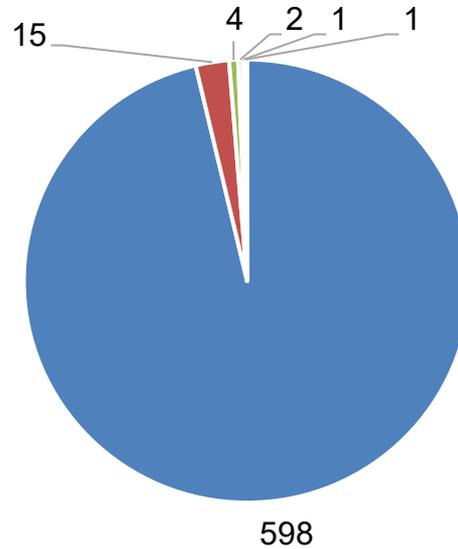
\* 12 prefer not to say

We asked residents to share which age range they are:

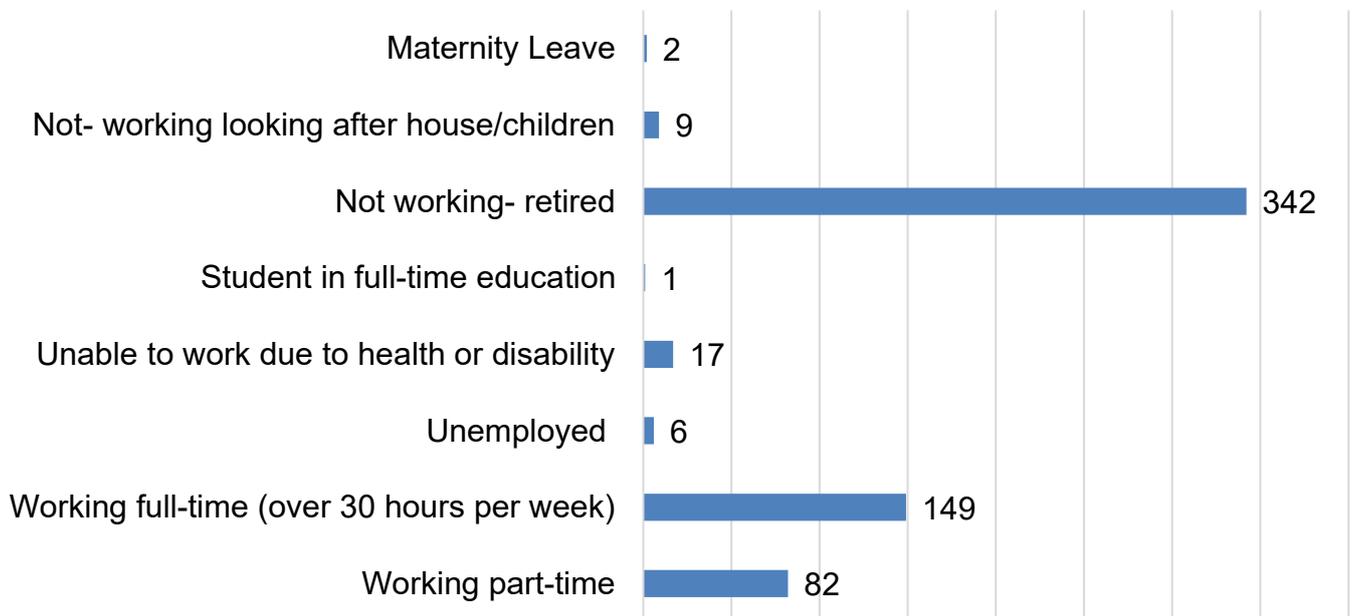


**We asked residents to share their ethnicity:**

- White  
**598 residents**
- Prefer not to say  
**15 residents**
- Asian or Asian British  
**4 residents**
- Mixed or multiple ethnic groups  
**2 residents**
- Any other ethnics group  
**1 Resident**
- Black, Black British, Caribbean, or African  
**1 Resident**



**We asked residents to share their current work status:**



**We asked residents to share if they have a health condition or illness:**

- Yes  
**244 residents**
- No  
**374 residents**
- Prefer not to say  
**19 residents**

