

Play Sufficiency Assessment

Castlemilk High School



#HearingYoungPeople'sVoices

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Play Sufficiency Assessment: Castlemilk High School

Background

Play is central to young people's enjoyment of life and essential to their physical and emotional well-being and their healthy development.

In May 2023 new regulations came into force which mean that planning authorities must assess the sufficiency of play opportunities in its area for young people. The Play Sufficiency Assessment (PSA) is intended to provide an overall picture in terms of the current provision and distribution of outdoor play opportunities across the whole of a local authority area.

As part of these new regulations Glasgow City Council has a statutory requirement to engage with young people across the city to understand more around the current opportunities to play, their experiences whilst playing in the city as well as understanding what their current barriers to play are. Key insights will be used to form part of the evidence report for the City Development Plan and will be the start of an ongoing conversation with young people about what it is like to live, learn and play in Glasgow.

Hearing Young People's Voices

The participation of Castlemilk High School students in this citywide discussion has made a significant impact, providing invaluable insights that help authorities grasp the current realities and challenges faced in using local spaces. Their input has enriched our understanding of the obstacles hindering play in their community, and has shed light on the additional resources required to support the optimal physical and healthy development of young people.

These reports are now being compared Citywide to get an understanding on equalities and City Development Plans going forward.

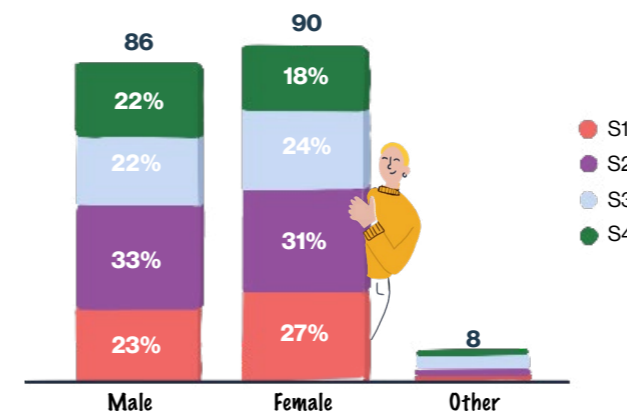
The honesty and contribution of the young people are greatly valued and have proven to be monumental at this stage of the conversation.

Demographics

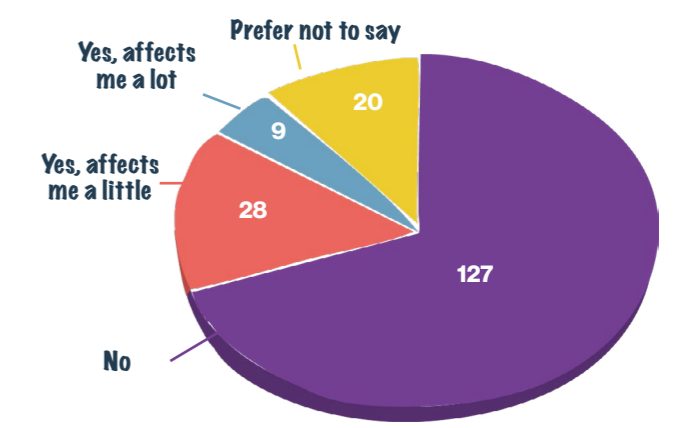
In total 184 pupils across all six year groups took part: a third of the young people attending Castlemilk High School.

For each school, the link was shared with a key contact who then arranged for this to be rolled out across the school in a way that worked for them

Young people who answered the survey



Young people who consider themselves to have a health condition or disability affecting their day-to-day life



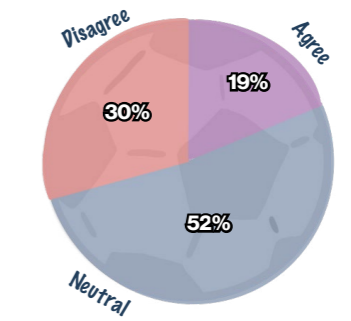
37 pupils (20%) said that their day-to-day lives are affected by a health condition. Those with health conditions will have different needs

What is play

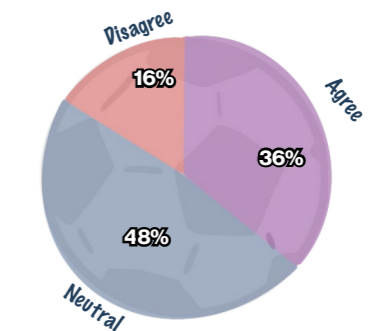
Each young person interprets the word 'play' differently. Understanding the different ways young people understand play is important in making sure play is of good quality, is provided in enough places and is safe and accessible.

At Castlemilk High School, around half of young people that responded said that they don't feel strongly either way about spending time alone or with others. For the other half, more young people tend to prefer spending their free-time with others. With no strong preference, it highlights a need for spaces that support time with others and individual play.

How many young people would like to spend their free-time alone



How many young people would like to spend their free-time with others:



Why is play important to young people?

Based on the young people's responses, it's clear that **activities they enjoy have a positive impact on their wellbeing.**

Happy was the most common response when asked, "how does play affect your daily life?". This was followed by relaxed, joy, content and calm showing that young people at Castlemilk High School recognise the importance of play.

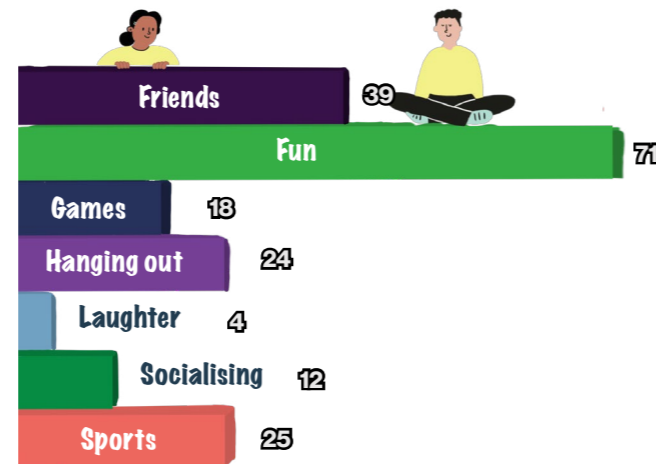
When asked about the meaning of play, fun was the most common response followed by socialising. Some responses reinforced this by describing play as an opportunity to make new friends and try new things. As friends and socialising are common responses, it suggests that creating opportunities to connect and play are major contributors to young people's wellbeing.

Interestingly, sleep was a common response suggesting that young people understand play as any available free-time. Or, it could indicate that there is little energy for other activities.

From the responses, we can see that play is a significant contribution to young people's wellbeing and creating opportunities for young people to play should be seen as a priority.



What 'play' means to young people



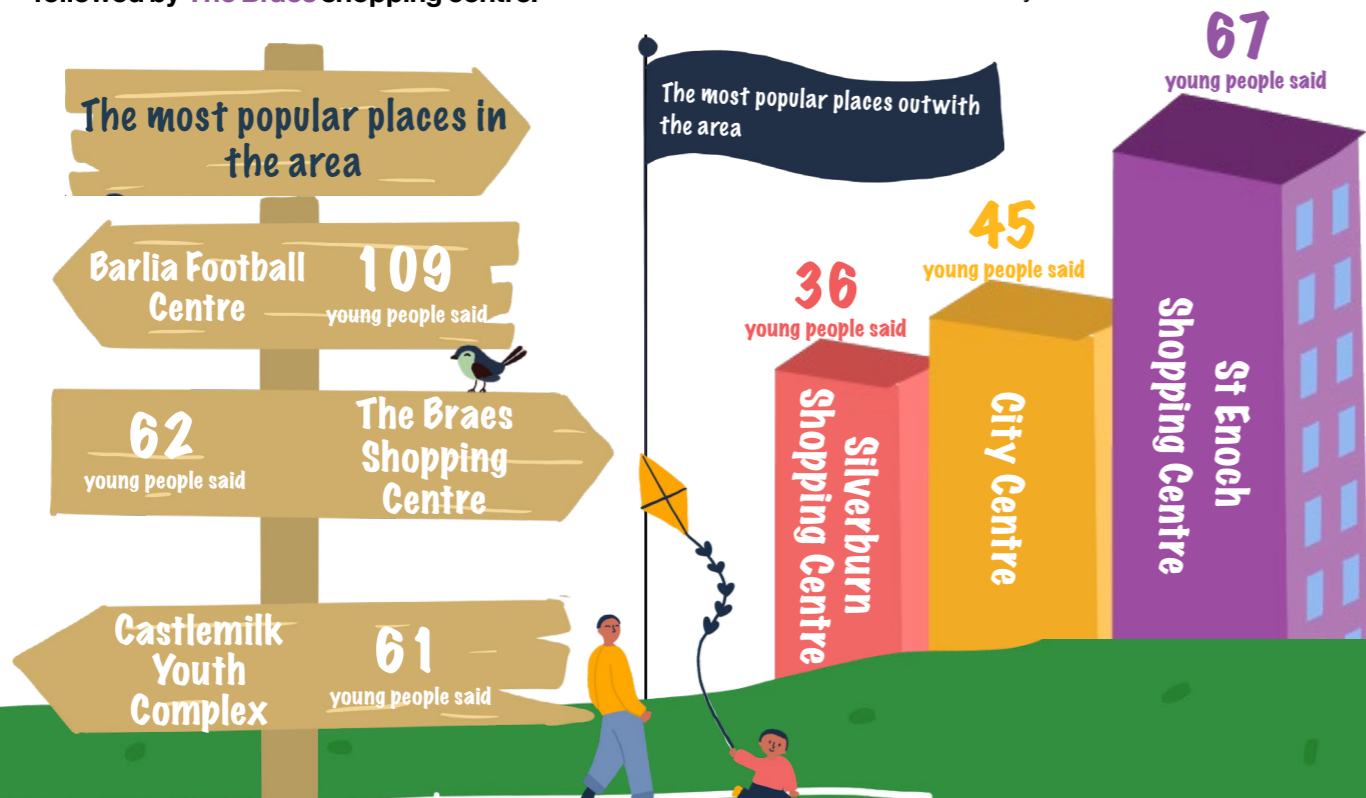
“Play is relaxing - I feel able to be myself and content”

“Play lets me feel more happy, relaxed and less stress”

Where do young people go?

Barlia Football Centre is the top response when young people were asked "What are your favourite places to go in the area?". This was followed by **The Braes shopping centre.**

Other local places included **Castlemilk Youth Complex, McDonalds, school and Kings Park.** Some responses came from further afield and included **Silverburn Shopping Centre, East Kilbride** and occasionally **Braehead.**



Statements on quantity

The majority of young people at Castlemilk High School say they **only have some places to spend their free time.**

When asked "what would make your community more fun and interesting?" The most popular answers were more shops, places to eat and more places to go for young people.

As structured play is a priority of the Play Sufficiency Assessment, we asked "are you a part of any clubs outside of school?". There was an even split between those that go to clubs and those who know about clubs but don't go.

Older age groups are more likely to say they know about clubs but don't go while younger people are more likely to attend. The cost of going to clubs was highlighted as a barrier.

14% of young people haven't heard about any clubs they can join outside of school and only 22% of young people know about clubs that are free. This presents an opportunity to increase access to enriching activities for children from low-income families by providing more free clubs.

Around 30% of respondents were uncertain whether you had to pay for clubs to take part. There is an opportunity to raise awareness around free clubs to increase the reach and access of vital clubs and activities.

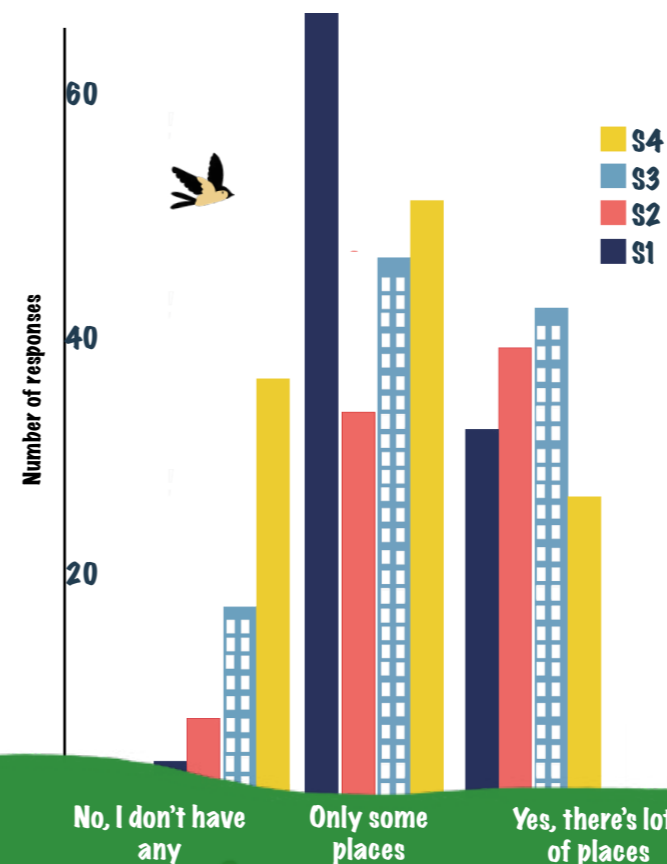


“I would love more and better parks”

“It would be good to have more shops and more park equipment”

How spaces differ between ages

In your local area, are there enough places to spend your time?



The view that there are not enough spaces increases as young people get older. S1-S3 tend to say there are many places, while S4 are more likely to say there are only some or no places to spend their time.

“Play makes me feel not bored - it makes me happy Relaxed”

“Castlemilk need more police everywhere there are to many people being reckless and unsafe I don't think anyone really feels safe here”

What makes a good place for young people?

In general, there was a dissatisfaction with the condition of places that young people use. Despite this, young people had no problem getting to places and felt that there was plenty to do in their area.

Older pupils are less likely to say there's lots to do suggesting that more can be done to improve spaces for older age groups. Equipment for play needs repaired, cleaned or added to places for young people. Only 30% of young people said that equipment was fine. The most frequently voted change for equipment was needs cleaned by 40% of young people at Castlemilk High School.

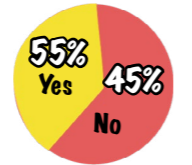
When asked about least favourite places, a handful of young people said places that were also called out as favourites by others. Places like Barlia, The Braes Shopping Centre and other green spaces are called out as least favourite. This indicates that although these places are liked by some, they don't suit everyone.

School and local parks were also highlighted as some young people's least favourite places.

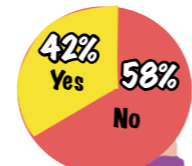
Although there isn't a strong preference either way around safety and comfort in places for young people, older age groups tend to feel slightly less comfortable. This shows that we need to provide better spaces that create a feeling of safety and comfort for young people.



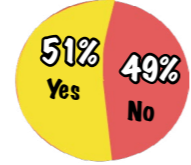
The places I go feel clean



The places I go are in good condition



There are lots to do in the places I go



"I think generally if the spaces around my area were cleaner it would go a long way"

"Ballantay terrace should add swings and clean the park"

What is the equipment like in the spaces that you go to?

40% said Needs cleaned

33% said Needs repaired

30% said It seems fine to me



Scoring how comfortable they felt out of 10

1= feel very unsafe 10= feel very safe



Scored on average just over 5

Scoring how safe they felt out of 10

1= feel very unsafe 10= feel very safe



Scored on average just over 5

What makes a place feel unsafe?

People are most frequently mentioned as a factor that make young people feel unsafe.

To understand this better we can look at some of the responses, which would often mention alcohol in parks. This suggests that intimidating behaviours are creating an unsafe environment for young people.

Some young people consider popular, public places as unsafe. A handful of people said Kings Park or Braehead Shopping Centre were their least favourite places. The responses say this is due to the people who spend time there and crowds. School and local parks were also called out as places that feel unsafe. In particular The Woodpath came up frequently as a place that felt unsafe.

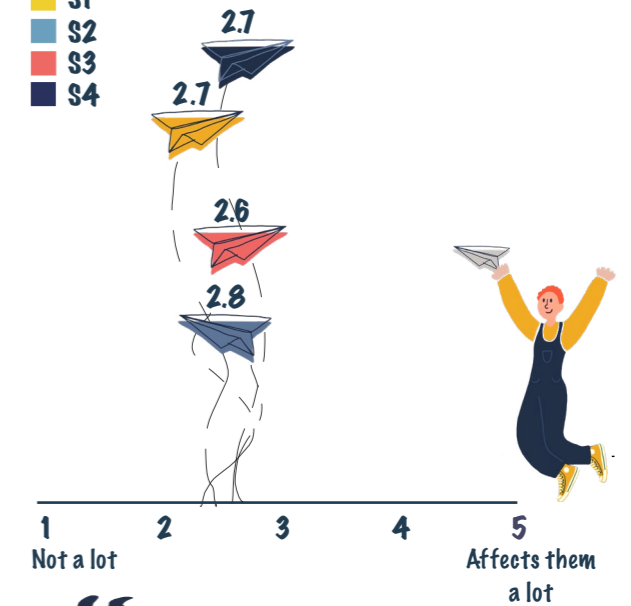
The time of day featured as a major factor in how safe a place feels for young people. Some said the lack of light is what made night feel unsafe but many also said the people who spend time later in the evening make places feel unsafe. Lack of visibility in enclosed spaces also makes places feel unsafe particularly places where CCTV isn't available like dark streets or alleyways.

When asking about least favourite places, many said Castlemilk or the shops in Castlemilk showing that young people think that the local area isn't suited to their needs.

Some places previously mentioned as favourite places also occur in the least favourite places list. Places such as: Barlia, The Braes Shopping Centre and many green spaces. This suggests that these places only suit some young people while others are put off. Every year group tends to have a difference in whether they feel safe or not. Across the whole school 26% of respondents felt unsafe while 31% reported feeling safe. The remainder don't feel strongly either way.

Scoring how other people in the spaces affect them out of 5

Average scoring per year



"I feel unsafe in the woods at night because it is dark"

"Broken equipment makes me feel unsafe"

"Kings park is extremely dirty"

Travelling to places for young people

When asked about getting around, walking was the most frequent response suggesting that for many young people they have places to go within walking distance.

Public transport came second as a way of getting around while getting a lift came third. There isn't much variation between year groups suggesting that transport doesn't have any obvious age-specific barriers.



Barriers towards play

Despite previous responses highlighting a lack of places to go, the biggest barriers towards play were **homework and a lack of time**.

For older year groups, **responsibilities and feeling judged** were also highlighted as barriers suggesting a need for comfortable, creative spaces where young people can express themselves freely. Most disagreed that getting to places, chores or money were reasons getting in the way of their free time.



Top 3 barriers to enjoying free time



Nature & Seasons

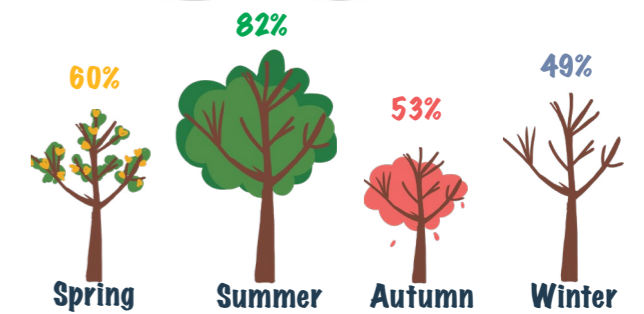
49% of respondents said that nature was either **important or very important** in their spaces. 39% said they **don't mind** and 12% said they **do not care**.

34% said more green spaces would make the area **more fun and interesting**. Weather and the time of day will dictate where young people can spend their time in school or at the weekend. As weather is a major factor, young people need a blend of sheltered, indoor and outdoor spaces to play.

The elements that impact this



The seasons young people enjoy being outside



What do they need from their spaces

A third of respondents asked for **more green spaces and more space for sport**.

Many mentioned Barlia, asking that the pitches, nets and hoops are invested in to provide a higher standard of sport equipment. Sport in local venues and the school were also mentioned with a desire for better pitches and a greater variety of sport facilities other than football.

The cleanliness of Kings Park is often mentioned and puts off many young people. Cleanliness is also highlighted as a general concern.

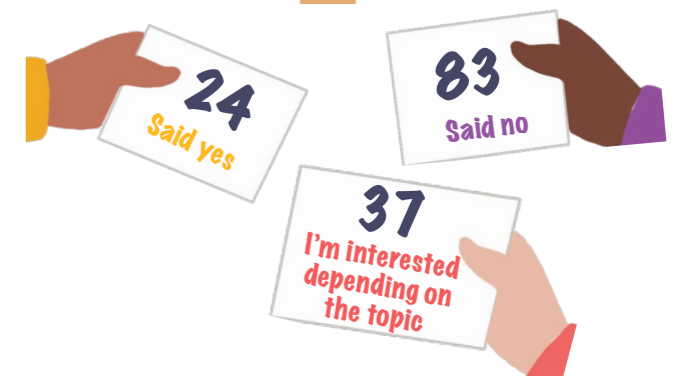
Many asked for more local shops and places to eat and meet

There is a clear demand from young people asking for more things to do while also repairing existing equipment and spaces to play.

A third of the young people who took part said that they want to be involved in discussions in the future. Some said it would depend on the topic.

This reinforces that public bodies should embed a flexible approach when considering engaging with young people. They may not always wish to participate but when they do they should have a right to shape decisions about their spaces and their future.

Young people were asked if they'd like to be involved in the future



S3
Have the highest numbers of young people who don't feel like they have enough time

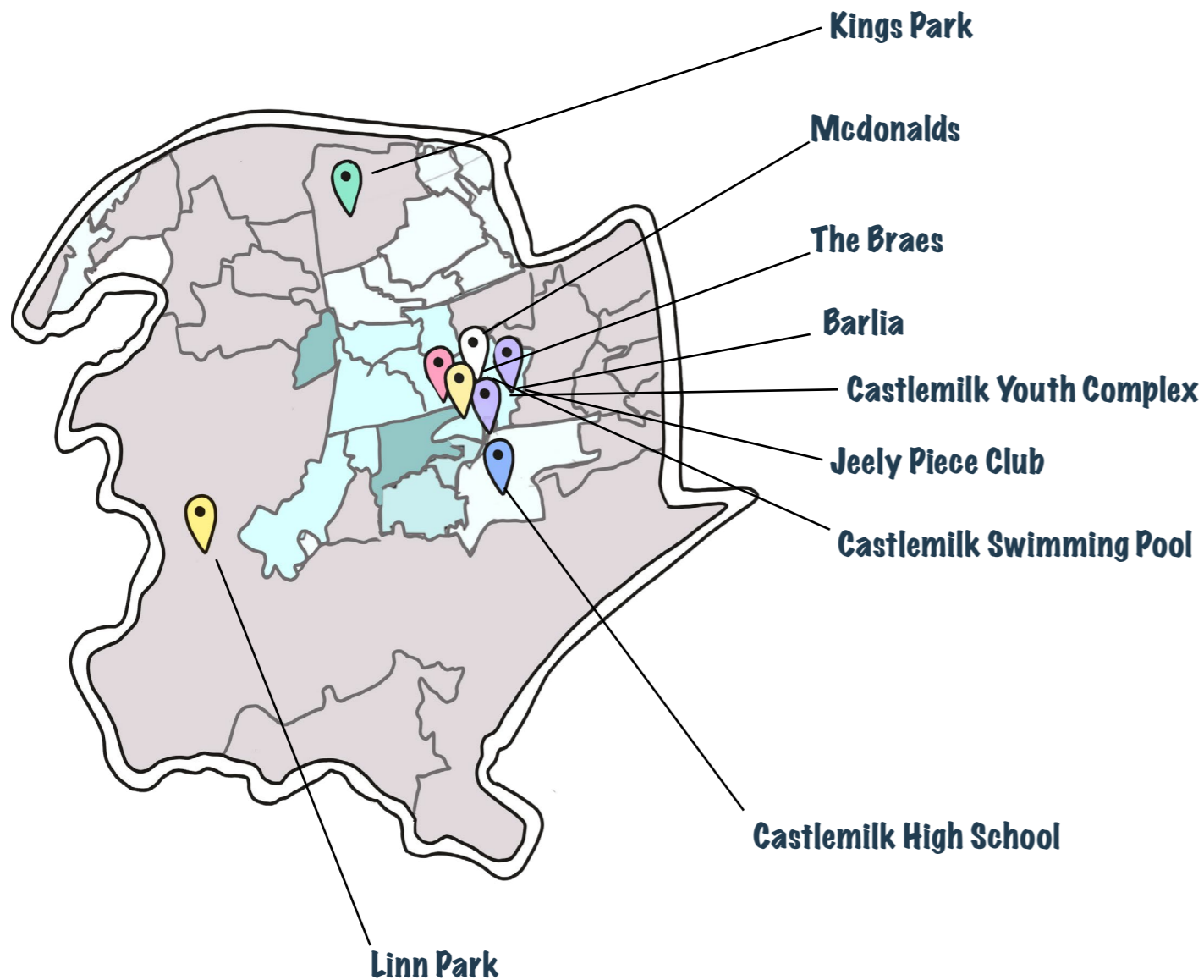
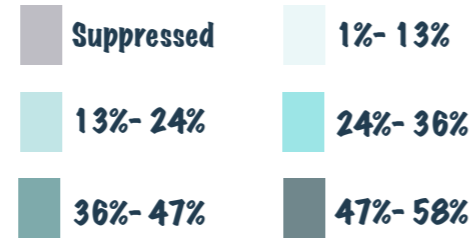
What do you think the council should be doing more of for your spaces:



Child Poverty Data

This map is taken from Glasgow City Council's child poverty dashboard, and contains levels of relative child poverty across the city. It shows that a lot of the more popular places young people go are in areas where there is a lower rate of child poverty in Linn.

Percentage of child poverty



Conclusion

Overall, we got responses from 42% of the young people at Castlemilk High School. It is clear that young people have a **wide range of valuable contributions that could help us improve spaces for young people and the communities which they help build.**

Access to safe, warm places with a mix of activities has been clearly identified as a major contributor to young people's wellbeing and physical health.

Many of the places identified as good places to spend time are informal spaces like shopping centres, specifically the St Enoch Centre and Silverburn, the City Centre, sporting facilities or open spaces.

Whilst many young people identified various football pitches as places that they spend much of their time, there were also calls for various sporting amenities so that there was opportunity to try different things.



However, the young people also highlighted a lack of awareness of the different clubs that are available to them meaning that many are missing out on opportunities. Also, only a few of the clubs in the area are free to attend showing that money could also be a barrier to the young people at Castlemilk High School

And for different age groups, younger pupils were more likely to say they have places to go, while older pupils tend to spend their time differently and have fewer places to go.



Many of the responses raised issues around safety but it wasn't usually the spaces that made young people feel unsafe.

Young people clearly outlined that it is often other people in the spaces that make them feel unsafe, which would suggest that they would prefer more spaces designated solely for them to spend time.



The biggest barriers to play were homework and having a lack of time but many young people also said they sheltered spaces to play regardless of the weather.

As for the places that are available, poorly maintained places were highlighted as a common issue for young people and it was suggested that the council repair equipment and clean up spaces as a way to improve them.

For most, travelling to places is not an issue and there are plenty of places to spend time despite some places not always being of the highest quality.

With this rich, wide-ranging input, we now have a much clearer picture of what young people look for in a place that is safe, accessible and of a good quality. We've also learned how much we can learn from talking to young people, learning from their ideas and building a nuanced picture of our neighbourhoods and how they're used.

From this, we now have a range of clear recommendations and Castlemilk High School has developed a mature dialogue and set of ideas that can help inform better play areas in the area.

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