

# Play Sufficiency Assessment

St Andrews R.C. Secondary School



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## 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 St Andrews Secondary 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.

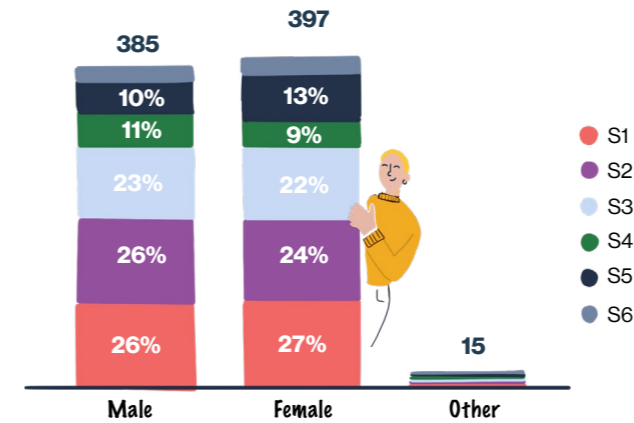
The honesty and contribution of the young people are greatly valued and have proven to be monumental at this stage of the conversation.

## Demographics

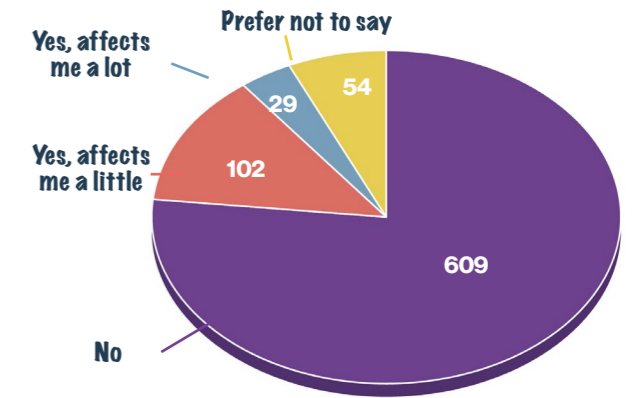
In total 799 pupils across all six year groups took part: a third of the young people attending St Andrews Secondary School.

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



131 pupils (16%) said that their day-to-day lives are affected by a health condition. Those with health conditions will have different needs

## What is play

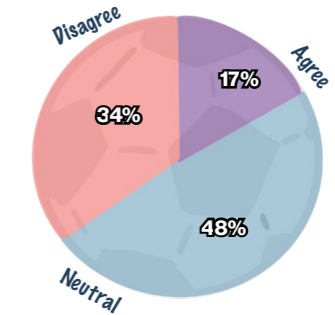
Each young person interprets the word 'play' differently. Understanding the different ways young people understand play is important in making sure play is of good quality, is provided in enough places and is safe and accessible.

Nearly half of all young people at St Andrew's R.C. High School don't feel one way or another about spending time with others or alone.

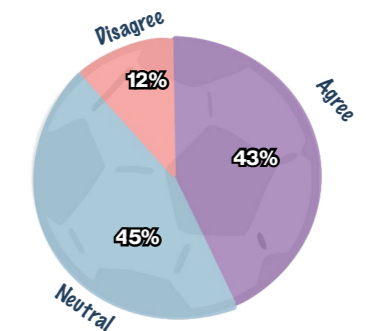
Of those that do have a preference, they prefer to spend free-time with others. That being said, as year groups get older, there is a small increase in preference for spending free-time alone.

This highlights the need to ensure all ages have a range of options when choosing how to spend their free time.

### 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.

Having fun **outside** with **friends, family or pets** makes play meaningful for young people at St. Andrew's Secondary School. When asked what play means to young people, the most frequent response is **fun** followed by **friends and laughing**.

Many hobbies were mentioned, including **gaming, sport, reading, dancing, drawing and music**. Hobbies are a meaningful form of play that offer young people an opportunity to be **active, socialise and have fun**. Understanding what's important in play for young people highlights what we can do to **improve access, space and quality** for places designed for play.

The most common affect of playing is that it makes young people feel **happy** followed by **relaxed and joyful**. Some did say that play can be **time consuming or tiring** but contributes to their **wellbeing, perspective and mental health**. There were many who said that play helped when needing to **relax or calm down** and gave them **an escape**. Some also mentioned it gave them a good reason to get out of the house.

407 said **Fun** 239 said **Friends** 167 said **Games**

What 'play' means to young people



“Play helps me relax. It gives me a break and makes me happy”

“Play keeps you occupied and gets you out the house, giving you a break”

## Where do young people go?

**Glasgow Fort** is the top response when young people were asked “What are your favourite places to go in the area?”. This was followed by **The Forge Shopping Centre**. Other local places included **Greenfield, parks, football pitches and home**.

When asked about spaces further afield, **Glasgow Fort** was still mentioned often. **Shopping centres** are frequently mentioned as a place to visit and play a key role in a young person's social life.



## Statements on quantity

Nearly a third (30%) of young people say there are **lots of places** to spend their free-time outside while 59% feel like there are **only some places** and 11% feel like there is **nowhere at all** to spend time outside. With 70% having access to only some or no places outside, the area may need more good quality places and expanding opportunities to play.

Many young people wanted **more free activities and clubs** (i.e. kickboxing) other than football.

40% of respondents **attend clubs or activities** while 39% **know about them**. Of those that know about clubs, 37% said you have to **pay for activities** which might explain why so many know about activities but don't go.

S4-6 are less likely to know about or attend clubs compared to younger years suggesting more could be done to raise awareness about clubs amongst older pupils.

21% of young people responded saying they don't know of any clubs outside of school. This presents an opportunity to increase access to enriching activities for young people by providing more information and awareness on what clubs are out there.

Are there are lots of places for young people to go in their area?

396 Said yes

348 Said no

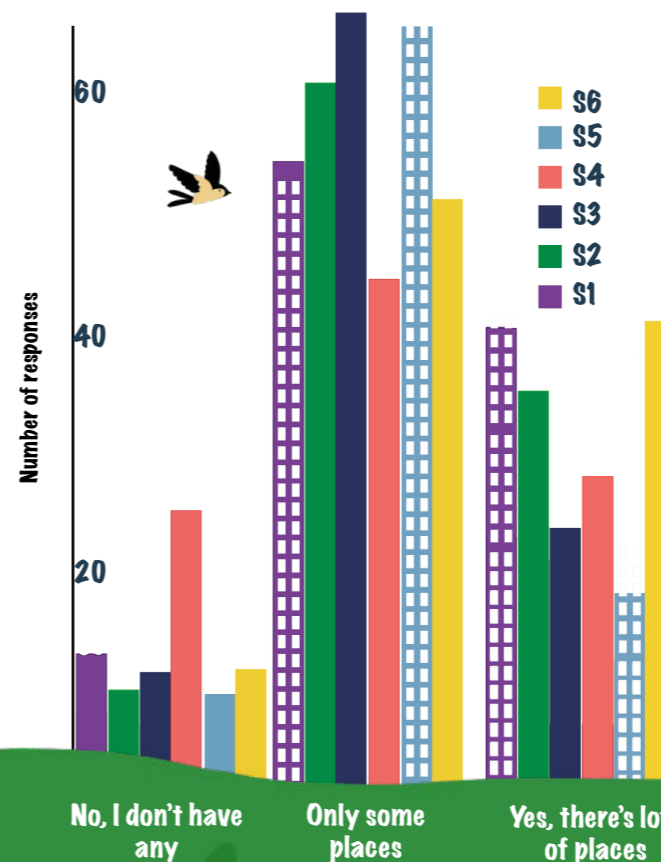
“Cranhill could be improved... More stores and restaurants or even just more things to do I feel would be a much needed improvement”

“There aren't any free fun places to go”

“There is not enough activities to do around our area. We would like more to do so that we don't have to run around causing havoc to keep ourselves entertained.”

## How it differs between ages

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



The majority of young people, are more likely to feel that there are **limited spaces** available to them in their area. Those in S4 are more likely to have divided opinions on the quantity of spaces available to them. Whereas those in S1 or S6 are more optimistic about opportunities and spaces available to them.

“More equipment for the older children, there is nothing for the older children to do in Cranhill it's mostly for the younger children”

“I strongly think there should be more areas in greenfield that facilitates older children like my self (aged 14) to hang around other than just football”

“Blairlogie street: a library and a performing arts free place, also a horticultural volunteering place on weekends, more recycling in the area especially in the buildings.”

## What makes a good place for young people?

At St Andrew's R.C. High School, there is an even split between those who think that local places to play are **in a good condition** and those who do **not**.

Just over half of respondents feel that the places they go **don't feel clean**. S1-3 however disagree and generally think their places **are clean**, especially S1 and S2. There are also differences in age groups around whether places **feel comfortable** or uncomfortable but overall 39% feel comfortable, 20% **feel uncomfortable** and the remainder don't feel strongly either way.

The perception of the range of available activities in young people's places is mixed. S1-2 are quite positive while S3-6 don't think there are enough things to do.

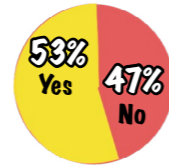
Around safety, young people highlight 4 main themes: **other people, cleanliness, time of day and quality**.

Around cleanliness, **Greenfield Park** came up as a place that had too much broken glass, litter and dog mess to be usable. Many young people also said they feel uncomfortable due to **other people, a lack of activities and feeling lost or unsure how to spend time with friends**.

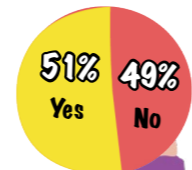
When asked about equipment, 32% said that it **needed repair**, 26% said it **needed replaced** and 33% feel there is **not enough equipment** and 44% said that the **equipment needs cleaned**. This suggests additional efforts should be prioritised to improve the quality of equipment for young people.



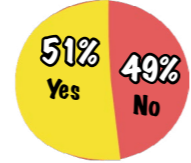
The places I go feel clean



The places I go are in good condition



There are lots to do in the places I go



"The play park near my house smells of cigarettes and has faeces all over the ground meaning I can't play ball"

"Glenburn park needs a lot of repairs/more things because it's been the same for years and I want something new to do there"

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

44% said **Needs cleaned**

39% said **It seems fine to me**

33% said **There isn't enough**

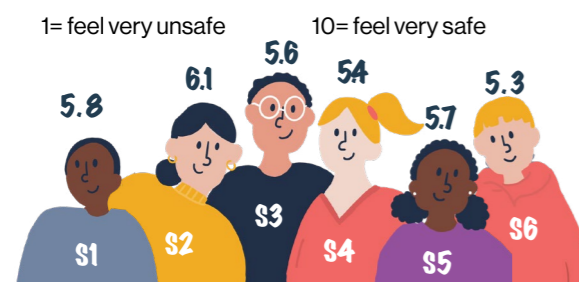


### Scoring how comfortable they felt out of 10



Scored on average just over 5

### Scoring how safe they felt out of 10



Scored on average just over 5

## What makes a place feel unsafe?

St Andrew's R.C. High School pupils generally agreed that they **felt safe** and **comfortable** in the places they use. As pupils get older, they tend to **feel less safe**.

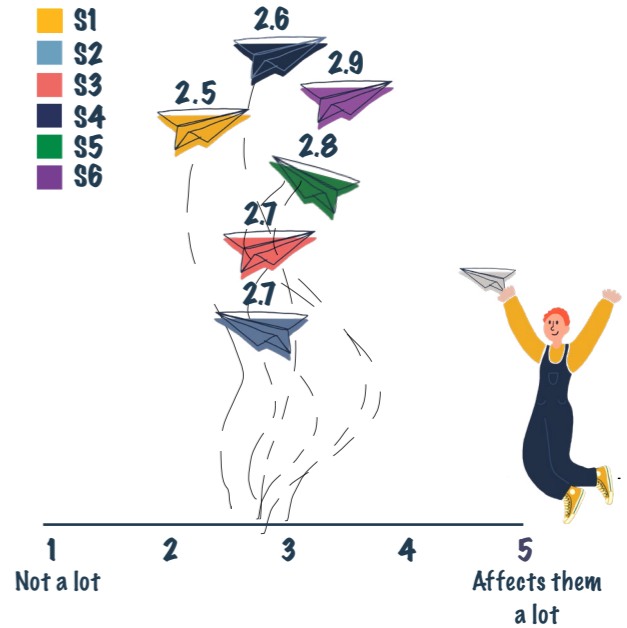
Across age-groups, young people feel **self-conscious** and **worry** about bullying, judgement or being picked on. **Sharing spaces with others** they don't know could often make young people feel unsafe. Cranhill Park was mentioned as a place that made young people **feel unsafe** as it is so dark at night and many young people spend time there unsupervised.

Night time would often be mentioned as a thing that makes young people feel **unsafe**, especially if they have to walk home in the **dark**.

Within each year group, there is a big contrast between those that do feel safe or unsafe. 21% of respondents reported feeling **unsafe**, 38% **feel safe** and the remainder don't feel strongly either way.

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

Average scoring per year



"Green field park needs refurbished to be an outstanding place. Police patrols need to be set as too many young ones go here to drink alcohol underage"

"I feel unsafe as I am not being able to cross roads safely"

"It makes me feel unsafe because of the amount of incidents that happen there"

## Travelling to places for young people

91% of respondents said that the places in their area are easy to get to. However, access and getting around is more of a barrier for S1-2.

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.

Just under half of pupils said they get a lift to access the spaces they go to. This is more than other schools, suggesting there are few alternative options or it that it's a preference in the area. Only 46 young people **cycle** to the places they play. **30 scoot or skate** and 50 **don't go anywhere** to play.

**Public transport** at night is called out as feeling unsafe and uncomfortable, **especially trains**. Although young people might not be playing in these spaces, this can still impact the likelihood of them using transport to get to and from spaces to play.



"More buses to north Lanarkshire (glenboig, gartcosh are impossible to get to), dog faeces all over streets and there is nowhere to play football without having to climb a fence"

## Barriers towards play

Understanding the barriers that stop young people from having time to play is crucial for a holistic view of their mental and physical development.

When asked what barriers young people from St Andrew's Secondary feel they have that stops them from playing, **homework** was voted highest. This was evenly distributed among all year groups.

**Feeling like they don't have time** was voted second highest, followed by the **people** in the spaces and then **lack of spaces**, **money** and **societal expectations** were joint fourth.

Not having enough time to play is more common in older year groups (S5-S6). As they have more commitments, this could suggest it makes it harder to prioritise play.

**Money** also becomes more of a barrier as pupils get older. This could be a difference in the types of activity they desire, or other commitments.

### Top 3 barriers to enjoying free time



“Spaces feel dirty and untidy. There is no equipment that children can play with either”

“At Greenfield park; I would like more places to eat and places for people my age as it's mostly for kids. I would love if there would be more community places.”

“There's only flood lights at the big Astro pitches not the grass ones”

**S5-S6**  
Have the highest numbers of young people who don't feel like they have enough time

## Nature & Seasons

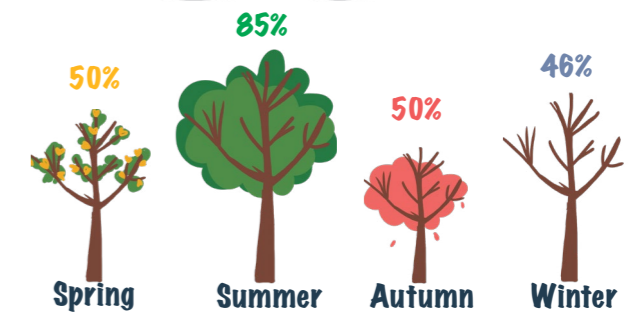
Weather can physically transform places for young people and the **seasons will often affect young people's relationship with a place**. We asked some questions to understand: how behaviour changes with the time of year; nature in young people's spaces; and how they think about their connection to nature.

51% of respondents said that **nature is very important** to them while 40% say they **do not mind** and 9% say they **do not care at all**. 30% said more green spaces would make the **area more fun and interesting**. This highlights the importance of ensuring that there are plenty of opportunities for young people to connect to nature within spaces they go to.

When it comes to spending time outdoors, **weather** has the largest impact. Whether it's midweek or the weekend are also significant factors. The **time of day** also has an impact on how young people use spaces, particularly when there is low light. They said that they would appreciate more lighting in places for sport and parks.

**Summer** is the favourite season to spend time outside playing. Next is **Spring**, then **Autumn** and then **Winter**. This highlights the need to ensure there is **space** and **light** for young people across all seasons of the year.

### The seasons young people enjoy being outside



### The elements that impact this



## What do they need from their spaces

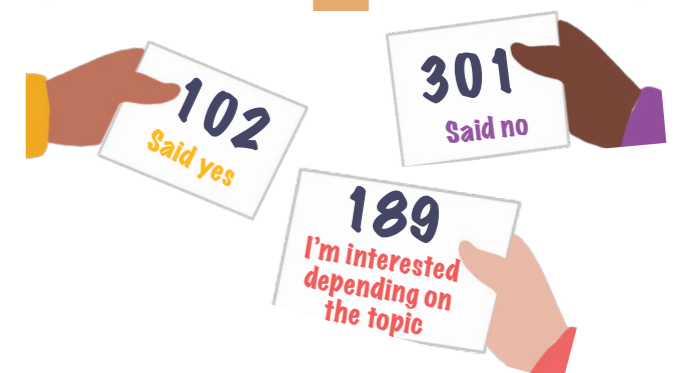
**Cleanliness** was voted the most important thing in making spaces more fun followed by **more places and activities and repairing existing equipment and spaces**. **Asking citizens their opinions and thoughts and green spaces were also highlighted**. In particular, many young people are keen for more stuff to do in **Tollcross Park and Cranhill Park**.

Second highest, was **football pitches** and **sport facilities**. Free places for **music** and **performing arts** were also voted for frequently. One group of pupils also mentioned wanting **better libraries** in the area. 32% of respondents said that

adding **more security** in places would make places feel safer and more fun. **Clubs** came up as a recurring theme: 169 respondents say the council could be doing more to provide information on **existing activities and places**.

Over a third of the young people who took part said that they want to be involved in discussions in the future, some saying 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



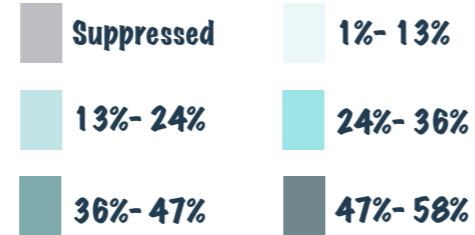
### What do you think the council should be doing more of for your spaces:



## 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 East Centre, or out with the ward boundaries

Percentage of child poverty



## Conclusion

Overall, we got responses from 42% of the young people at St Andrews Secondary 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 Forge Retail Park and Glasgow Fort, sporting facilities and various 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 St Andrews RC Secondary School

The Majority of children at St Andrews RC Secondary school, feel that they have limited places they can go to in their area. This is highlighted by the fact that the most popular places that they go to are outwith the ward boundaries of East Centre



Generally young people felt safe and comfortable in the spaces that they go to. However when discussing what made them feel unsafe other people in the spaces were the main concern. This would suggested 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 that the weather can heavily impact how they spend their free time.

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.



Another way that young people requested that the spaces they visit are improved is to add additional lighting so that these spaces can be used safely at night time.

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. However, there were several calls to make public transport feel safer for young people to use at night.

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 St Andrews RC Secondary School has developed a mature dialogue and set of ideas that can help inform better play areas in the area.

**Centre for Civic Innovation**

Glasgow City Council  
The Wedge, Office 7  
1066 Barrhead Road  
Glasgow G53 5AB

 cciglasgow.org

 @CCIGlasgow

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