

scottishathletics & SAMH: the impact of a powerful partnership



THE POWER OF PHYSICAL ACTIVITY AND SPORT TO CREATE
POSITIVE LASTING CHANGE IN PHYSICAL AND MENTAL WELLBEING



2017-2022

INTRODUCTION



Colin Hutchison
Chief Executive Officer
Scottish Athletics

In 2017, **scottishathletics** announced a new 50/50 funding partnership between **jogscotland** and SAMH (Scottish Association for Mental Health) enabling **jogscotland** to maintain our **jogscotland** Development Officer post and bring a new focus to changing lives through participating in **jogscotland**.

The understanding of the hugely important role sport and physical activity plays in improving mental health and wellbeing is continuing to develop at pace as **jogscotland** reaches its 20th anniversary year. The impact of Covid-19 has intensified discussions about the sector's role in supporting mental health and wellbeing, and **scottishathletics** is grateful to the SAMH for the strategic role they are playing in proactively highlighting the importance of sport and physical activity and supporting sporting organisations.

scottishathletics partnership with SAMH has been hugely successful in raising awareness of mental health in sport, particularly amongst the **jogscotland** community. This document sets out the work that the partnership has delivered over the past five years and highlights the key impacts of that work to date. Importantly, both organisations are fully committed to continuing to develop the partnership further and have agreed strategic priorities to evolve the relationship between sport and mental health organisations and further the impact of our work.

scottishathletics would like to thank SAMH for their continued guidance and support and also extend thanks to the funders that have supported the partnership so far.

The positive links between physical activity and good mental health are well recognised, however the **jogscotland** programme has gone beyond this and demonstrated the power of physical activity to achieve greater social connections, build community resilience and provide opportunities for people to have positive discussions around mental health and wellbeing in a supportive environment whilst being active.

The strategic partnership with **scottishathletics** to jointly deliver **jogscotland** has been even more successful than we had hoped for, with members embracing mental health activities as part of their groups, to almost 2,000 Jog Leaders completing the mental health awareness e-learning module, to groups across 26 local authorities adopting the *I'm here* campaign. It is wonderful to recognise the achievements of **jogscotland** over the last 5 years, and its importance is never more recognised as we emerge from what has been a very challenging period.

SAMH believes more than ever physical activity and sport is akin to mental wellbeing, and also recovery, and it will be a central part of our organisational strategy for many years to come. We are grateful to everyone for participating so far and look forward to reaching even more people in the future. Our thanks go to **scottishathletics** in particular for continuing to develop and deepen our strategic partnership through **jogscotland**.



Billy Watson
Chief Executive Officer
SAMH



THE PARTNERSHIP AIMS TO:-

- Expand the delivery and development of the **jogscotland** programme, with a shared belief in the value of physical activity and sport to achieve physical, mental and social health and wellbeing.
- Grow jogging nationally and make **jogscotland** sustainable for the future.
- Raise awareness of the relationship between sport and mental health by developing understanding within our networks, evaluating impact of our work and celebrating diversity and good practice.
- Educate, develop and widen opportunities for Jog Leaders giving them the knowledge and confidence to succeed.
- Evolve **jogscotland** nationally breaking down barriers to participation and building capacity to reach new audiences.

OUR MAIN AREAS OF WORK

- Increasing participation
- Communication
- Impact
- Strengthening communities
- Shared learning
- Building capacity & resilience
- Jog Leader education

ACTIVE SCOTLAND'S OUTCOMES – HOW WE PLAY OUR PART

jog groups established in 
31 of 32 LA areas

INACTIVE – ACTIVE

WE ENCOURAGE AND ENABLE THE INACTIVE TO BE MORE ACTIVE

- Community Strides (see p11)
- Jog groups established in **31 out of 32** LA areas
- **94%** of jogscotland members are physically active for 30 minutes or more per week through jogging
- Virtual membership offerings during lockdown and jog programmes shared across social media

STAY ACTIVE

WE ENCOURAGE AND ENABLE ACTIVE TO STAY ACTIVE THROUGHOUT LIFE

- **40.5K** on Facebook combined
- **34.2K** Twitter followers combined
- jogscotland members range from **18-75** years old
- **99%** of jogscotland members indicate that participating in jogscotland has a positive or very positive impact on making them feel physically healthier

PHYSICAL CONFIDENCE

WE DEVELOP PHYSICAL CONFIDENCE AND COMPETENCE

- Our jog groups follow specially designed programmes for walking and jogging. These are gradual and progressive
- Our Learn to Run programme progresses at half the pace of most C25K programmes

PEOPLE AND PLACES

WE IMPROVE OUR ACTIVE INFRASTRUCTURE – PEOPLE AND PLACES

- 1320 Jog Leaders trained between 2018 and 2021
- Over **1800** Jog Leaders have completed mental health awareness e-learning
- Jogability and Community Strides projects set up in SIMD areas and with diverse ethnic communities
- Membership Splits:-

Female	72.4%
Male	27.2%
Non Binary/Other	0.07%
Prefer Not to Say	0.16%

WELLBEING & RESILIENCE

WE SUPPORT WELLBEING AND RESILIENCE IN COMMUNITIES THROUGH PHYSICAL ACTIVITY AND SPORT

- **99%** of jogscotland members report feeling physically healthier
- **95%** say physical activity helps them to feel relaxed
- **83%** say taking part in physical activity helps them to deal with problems

PARTICIPATE, PROGRESS AND ACHIEVE

WE IMPROVE OPPORTUNITIES TO PARTICIPATE, PROGRESS AND ACHIEVE IN SPORT

- Sammy's Road Trip (see p8)
- *I'm here* pledged groups in **26** local authority areas (see p10)
- **3** funded projects to reach under represented groups. Equalities Fund, Jogability and Community Strides
- Creation of Menopause Friendly Groups and menopause resources for joggers and leaders

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of jogscotland members are physically active for 30 minutes or more per week through jogging

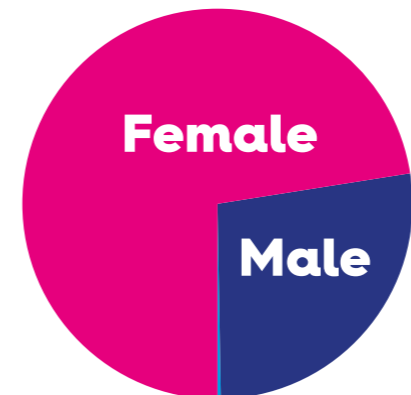
jogscotland members range from

18-75

years old



Membership splits



Other No say

99%

of jogscotland members report feeling physically healthier

26

local authority areas have groups who took the *I'm here* pledge





2017

- Official start of partnership.
- Partnership Launch in Glasgow.
- Roadshows across Edinburgh, Perth, Aberdeen & Inverness, attended by 36 different jog groups.
- The SAMH Mental Health Awareness e-learning module was introduced with 211 Jog Leaders completing the course.
- A fourth category was added to the jogscotland awards-The SAMH Mental Health and Wellbeing Award.
- jogscotland announced the partnership on social and in the first few weeks they reached over 27K people on Facebook.
- Both SAMH and jogscotland websites have been furnished with information about mental health and wellbeing and physical activity.
- First Jog Leader Conference with 50% of content around mental health.

KEY LEARNING FROM 2017

- Approach the topic of mental health at a basic introductory level.
- Raise awareness and reduce stigma through education of Jog Leaders.
- Resources to show Jog Leaders are happy and comfortable to have mental health conversations.
- Strong partnership and MH messaging across media platforms including websites, Stride magazine, Facebook, and Twitter.

2018

- jogscotland became one of the first signatories to Scotland's Mental Health Charter for Physical Activity and Sport' launched by SAMH.
- Online Mental Health Awareness training offered to Jog Leaders with over 389 registered to complete the course.

- Jog Leaders conference delivered on 3rd November 2018, providing practical workshops for Leaders on the Mental Health Charter for Physical Activity and Sport, Breaking Down Barriers and Mental Health Awareness.
- Mental Health Awareness training was made mandatory for all new Jog Leaders (Sept 2018).
- 5 jogscotland staff and Jog Leaders attended Supporting Behaviour Change (Jul 18).
- Sammy's Road Trip, national awareness raising campaign (see p8).
- Recruitment of 2 volunteer Mental Health Champions.
- Design and soft launch of *I'm here* badge to Jog Leaders.
- Successful application to Changing Lives through Sport & Physical Activity Fund. 2-year project £70K To increase participation in jogscotland activities across ethnically diverse communities in 4 cities Edinburgh, Glasgow, Dundee and Aberdeen.

KEY LEARNING FROM 2018

- Jog Leader feedback gives the partnership a steer in which direction to go for messaging, education, and support resources.
- jogscotland's development and activities are guided by the action plan created in connection to the Mental Health Charter.
- Additional project opportunities are successful through the partnership.

2019

- Launch of *I'm here* campaign, 75+ groups across 26 Local Authority areas participated (see p10).
- Successful application for Jogability project submitted to sportscotland for women & girls fund to increase participation in sport.
- jogscotland wins Frame Innovation in Sport Award at the Scottish Women in Sport Awards for its Community Strides project.

- Increased participation by ethnically diverse communities in jog sessions through Community Strides project.

KEY LEARNING FROM 2019

- Striking the right balance with learning and messaging.
- Need for more large scale, national campaigns to connect the entire jogging network.
- More resources and guidance for Jog Leaders.
- Understanding the many barriers to people from ethnically diverse communities accessing physical activity and talking about mental health and wellbeing.

2020

- **Over 1000 Jog Leaders trained in Mental Health Awareness.**
- Completion of Jogability project.
- Maternal mental health webinar hosted by jogscotland staff and Jess Parson, jog leader with Mums on the Run Inverurie and maternal mental health advocate.
- Mental health-related Zoom webinars held during lockdown, jointly hosted by jogscotland and SAMH staff. Included one session specifically for men.
- Community Strides Sahelyia group wins Active Scotland - Community Sport Champion - Senior award at Scottish Women in Sports Award.

KEY LEARNING FROM 2020

- How to keep the network active and engaged virtually.
- Support and guidance for Jog Leaders navigating covid guidance.
- Continue to encourage Jog Leaders to access the mental health e-learning.
- Regular messaging around keeping active for physical and mental health.

- Have a steady flow of webinars and zoom calls with Jog Leaders on a variety of topics.

2021

- Athletics Trust Scotland launched, which aims to strengthen communities and transform lives through athletics and running.
- Number of leaders trained in Mental Health Awareness reaches 1800.
- Development and design of new learning module on creating supportive environments within jog groups.
- Webinars throughout the year on conflict resolution, pelvic floor health, nutrition, Coronavirus transmission in sports settings with Dr Andrew Murray, Returning to Sport with SAMH.
- Virtual conference including SAMH, Athlete Steph Davis, University of the West of Scotland and Pelvic Floor, Core and Restore.
- Launch of Menopause Friendly Groups and menopause workshop with Dr Juliet McGrattan.
- Joanne Tominey, winner of our 2021 SAMH Award for Mental Wellbeing, is a finalist in the Scottish Women in Sport Inspiration Award 2021.

KEY LEARNING FROM 2021

- Leaders benefit from connecting with the wider network.
- More zooms and webinars hosted at times to suit leaders.
- Feedback gathered from leaders on what issues are important to them.
- We used leaders lived experience to help us shape or menopause resources and campaign. Campaign was developed in response to grassroots interest in the topic among joggers and leaders, expressed at webinars.

CELEBRATING 20 YEARS OF GETTING PEOPLE PHYSICALLY ACTIVE

// jogscotland was launched back in 2002 with a handful of pilot groups. Since then, jogscotland has been at the heart of communities across Scotland, providing supportive, motivational, social groups where people can engage, achieve, and belong together. We recognise and celebrate how much we've grown during this time, not just in the numbers of leaders and participants, but in our wider aspirations for the jogscotland programme. One of our most significant developments in recent years has been understanding the role jogscotland plays in the promotion and improvement of physical and mental health and wellbeing. //

David Fallon,
Head of Development, Scottish Athletics

LOOKING AHEAD

STRATEGIC PARTNERSHIP PRIORITIES

1. Finalise, launch, and embed across sport in Scotland the mental health framework for Scottish Governing Bodies of Sport.
2. Present to Scottish Government a funding case for support, including evidence of impacts, to secure new funding for the continuation and growth of our partnership.
3. scottishathletics to adopt the SAMH and Team Scotland programme of support for pre, during and post Birmingham 2022 Commonwealth Games.
4. Extend the work of the partnership to form a wider collaboration that will further our objectives.
5. Evaluate options and jointly plan to extend the pipeline for funding for the partnership.

// It feels like there's been a real sea change the last few years - mental health conversations are now the norm at many of our groups, which helps to break down fear and stigma, and encourages people to seek support when they need it. Letting people know that we all have mental health and that it's OK to talk about it has strengthened our community. I am so proud of the jogscotland and SAMH partnership, it's such a natural fit! Our shared values around the difference sport and physical activity can make to people is always at the heart of everything we do and I am looking forward continuing our work together and reaching more individuals and communities across Scotland. //

Jo Stevens,
Development Officer, jogscotland



SAMH'S MENTAL HEALTH CHARTER FOR PHYSICAL ACTIVITY & SPORT

jogscotland proudly became one of the first signatories to Scotland's Mental Health Charter for Physical Activity and Sport' launched by SAMH, which aims to use sport to improve equality and reduce stigma through positive conversations and action on mental health.

The Charter encouraged jogscotland to embed mental health into its policies and actions plans, ensuring it was a topic that would be grown and developed across all areas of our organisation.

OUR ACTION PLAN

- External Communication and Activities
- Education and Learning
- Funding Opportunities
- Promotion of Partnership
- Campaigns and Awareness Raising
- Steering Group
- Impact and Monitoring

// At SAMH we know the positive impact that physical activity through sport or recreation can have on mental health and wellbeing.

"It's great to see jogscotland submitting their action plan and becoming full signatories to the Charter for Sport; playing a role in using the collective power of physical activity and sport to create positive lasting change in mental health and wellbeing amongst their members. //

Robert Nesbitt,
Head of Physical Activity and Sport, SAMH



SAMMY'S ROAD TRIP

The aim of the campaign was to encourage mental health conversations in a safe and supportive way, to raise awareness of mental health and to promote the jogscotland and SAMH partnership. Sammy, Agnes and Lee were 3 toy mascot pups used to start the conversation and were passed in a relay across the country to different jog groups. Each pup had with them a bag of resources, a journal and session ideas for Jog Leaders to host mental health sessions as part of the road trip.

- Launch of Sammy's Road Trip to raise awareness of mental health throughout the jogscotland network to encourage positive action in groups across Scotland. 30 groups nationally signed up to take part. (Apr 18)
- Fundraising events took place during mental health week to celebrate the end of Sammy's Road Trip. The event is designed to encourage mental health conversations across our network and to offer an opportunity to groups to fundraise for SAMH. 10 packs sent out and £471 raised. (Oct 18)
- 2 jogscotland Mental Health Champions recruited in partnership with SAMH and officially launched on World Mental Health Day. (Oct 18)

THE SUCCESS OF SAMMY'S ROAD TRIP

- **100%** of groups used the pups visit to start conversations about mental health.
- **100%** of groups would like to be involved with similar events in future.
- **100%** of groups felt the pups visit had a positive impact on their group.
- **35.3%** of groups had an increase in their membership through their involvement with the road trip.
- **41.2%** received local press coverage.
- A dedicated Facebook page was set up to showcase the dogs' travels around Scotland? <https://www.facebook.com/SammysRoadTrip>.

"Sammy was a buzz about our group and all the Jog Leaders wanted a go. Not only was he taken to Jog groups he was taken to other sports sessions."
West Dunbartonshire jogscotland

"Involved family and friends too in the walk and talk session. Made us learn more about the history of the town, and what other local community facilities there are."
Cambuslang jogscotland

"This is a great initiative. Well done."
Derek Grieve Active Scotland

"We were really honoured to be part of this and to promote such an important campaign. It has given us the opportunity to highlight the higher incidence of mental health difficulties in the LGBT community."
Glasgow Frontrunners

MENOPAUSE FRIENDLY GROUPS

We are working to help our joggers learn about menopause and help our jogging groups to become as welcoming as possible to those going through menopause, with the jogscotland #MenopauseFriendly campaign.

We want to change the script around menopause. We can't alter the physical facts of it, but we can help those going through it.

Our Menopause Friendly campaign aims to inform and educate both joggers and jog leaders on the signs and symptoms of menopause, support them through the challenges it can pose to staying active, and offer advice on how to overcome those challenges.

We have added [three pages of information and resources](#) to our website to help our joggers stay active through menopause, and to help our jog leaders support them. We launched the campaign with a free online webinar for jog leaders on running through menopause, presented by [Dr Juliet McGrattan](#), which was very well attended.

Our groups can declare themselves a Menopause Friendly Group, and use our specially-designed logo. All jog leaders need to do is:

- Educate themselves on the symptoms of menopause and the challenges of running through it, by reading the pages linked above.
- Make their groups supportive to joggers going through menopause by using the tips on those pages - for example with flexible sessions and an openness to talking about menopause.
- Share information about running and menopause on their group's social media to inform joggers and normalise it as a topic of conversation.

Thirteen groups have signed up to become a Menopause Friendly Group since the scheme launched in November 21.





I'M HERE

Launched in January 2019 as a prop to help Jog Leaders talk about mental health. The design of the logo was crucial for creating the right impression and getting buy in from the Jog Leaders.

The badge is in SAMH pink, to reflect the partnership, it is an off centred circle to reflect that life is not always perfect, it's handwritten to give it a personal, human feel and the writing goes off from the pink edge to depict an ongoing journey.

THE PLEDGE

To earn their badge, Jog leaders must complete the mental health awareness e-learning, agree to use their social media to promote the partnership, raise awareness of mental health and encourage more mental health conversations at their groups.

Many groups took to social media to officially take their pledge and to tell their members what the pledge meant to them and their group.

THE SUCCESS OF THE I'M HERE CAMPAIGN.

- **140+** Jog Leaders at **75** groups took the pledge.
- **70.6%** of leaders felt taking part in the *I'm here* pledge had a positive impact on their group.
- **70.6%** of leaders felt more confident about having mental health conversations since earning their badge.
- **23.5%** saw an increase in engagement from new and lapsed members since taking the *I'm here* pledge.
- The momentum set by the initial pledge week has been maintained with all new jog leaders now offered mental health awareness training as a matter of course and 1800 jog leaders trained to date.



jog leaders understand mental health



FUNDING & PROJECTS

Jogability - £10K funded through Women & Girls Fund 2019. Research illustrated that some girls, particularly those with learning disabilities or communication needs, would usually require instructions to be bespoke to them, such a short and simple instructions. The project tried to have as many females only sessions as possible. The project also understood that for communication purposes adapting the junior jogscotland session cards into social stories using Boardmaker could also help either the coach explain the session/game, or the participant understand the session/game better.

At the start of the project for each of the areas we asked the girls and young women to make us aware of how much physical activity they do other than P.E. in school.

88.2% of the participants said they felt the project helped them to be more active.

45 girls with additional support needs took part in Jogability sessions.

17.6% said that they did no physical activity other than P.E. at school.

41.2% said that they occasionally took part in other physical activity.

41.2% said that they did take part in other physical activity.

Activities listed included: dancing, gymnastics, football, horse riding, cycling and youth club.

Community Strides - £79k funded through The Changing Lives through Sport & Physical Activity Fund 2019. The project aimed to increase participation and engagement at jogscotland sessions with ethnically and culturally diverse communities, which was an under-represented group in jogscotland's membership.

The project was set up in Edinburgh, Glasgow, Dundee and Aberdeen and worked closely with local partner organisations to help engage and encourage participation from the participation in people from ethnically diverse communities.

The first year of the project focussed on research, building relationships with the partners and gaining the trust of the community. There was a number of barriers identified such as fear of being seen exercising outdoors, lack of fitness and confidence, lack of appropriate clothing, stigma around mental health and feeling isolated from the wider community.



ACTIVITIES TO BREAK DOWN BARRIERS: -

- Community Strides Coordinators participated in partners' other activities such as lunch clubs.
- Clothing drive through the jogscotland network.
- Tailoring sessions and delivery times to meet the needs of the groups.
- Sewing group adapted donated clothes to add sleeves to t shirts.
- Providing alternative activities to keep participants connected and engaged during Ramadan.
- Taster sessions.
- Women only sessions.
- Covering windows and using signage on to ensure participants were not seen during activity in hall spaces.
- Introducing participants to local leaders and jogscotland groups.
- Gaining insights on mental health stigma from project workers.
- Online zoom sessions delivered during pandemic.
- Talks from physiotherapists on pelvic floor health.

Number of unique participants who engaged with the project - 129, aged 25-64yrs.

Number of volunteers who engaged with the project - 14.

SUCCESSSES

- jogscotland won the Frame Innovation in Sport award at the Scottish Women in Sport award 2019, recognising the work done in raising awareness of mental health, the Jogability and Community Strides projects and the *I'm here* campaign.
- Women linked to the community strides project in Dundee have now engaged and regularly participate in the local jogscotland groups Taysmilers. 50% of the group's members are now ethnically diverse women.
- The Edinburgh group based at Sahelyia received recognition at the Scottish Women in Sport Awards 2020 and won the *Active Scotland - Community Sport Champion - Senior* award.
- Nasreen Choudhry of the Dundee International Womens Centre and the jogscotland Taysmilers group was also shortlisted for - for *Most compassionate Role Model of the Year* at the SWIS awards 2020. Nasreen also became a role model for other runners, taking part in an Active Scotland #SheCanSheWill discussion panel on the importance of physical activity for women and girls in Scotland in October 2020 with others including Eilidh Doyle and Lee Craigie, and featuring in the sportscotland Annual Review.

Get Into Summer - During the summer of 2021, **scottishathletics**, in partnership with SAMH (the Scottish Association for Mental Health), offered 8 athletics clubs funding to deliver 6 weeks of athletics sessions over the summer holidays to young people aged 11-19.

This club-level investment was aimed at supporting children and young people across Scotland to re-engage in physical activity and sport for the benefit of their physical, mental, and social wellbeing. Clubs will be required to thread the new SAMH '5-ways to wellbeing' Club Resource Pack, a resource that helps coaches to focus on the mental health and wellbeing of their participants, through their sessions.





WE LISTEN TO WHAT JOG LEADERS NEED AND WANT

WE HAVE:

Provided Jog Leaders with SAMH mental health awareness training.

Supported Jog Leaders with advice from SAMH experts on how to hold mental health conversations with their joggers, via in-person and online sessions.

Given Jog Leaders the *I'm here* badge, so they have a concrete way of showing they have completed MHA training and a tool to start conversations at groups.

Held more workshops and networking get togethers with mental health themes, in person and online.

Given advice on making groups more accessible to those with mental health barriers to getting active.

Listened when our Jog Leaders (both male and female) told us that their joggers were increasingly asking for advice on running through menopause and they didn't feel equipped to support them - we created the #MenopauseFriendly campaign in response, with several pages of resources and a webinar for jog leaders.

FEEDBACK FROM OUR CONFERENCES, WORKSHOPS & GET TOGETHERS

"An eye opener!"

"Really informative and relevant. Good fun and well delivered"

"Really enjoyed this - so useful!"

"Learnt so much today"

"I am keen to be more involved and educated about SAMH"

"Made me feel proud to be a Jog Leader!"

Case Studies

Angus MacDonald, Sports Development Coordinator, West Dunbartonshire Leisure, shared his experiences of the partnership at a local level.

// At the start I was sceptical about the new partnership with SAMH (Scottish Association for Mental Health). Mental health was not something we discussed openly at the time. However, the introduction of SAMH was beneficial immediately. I evaluated our current processes and made sure they were fit for purpose.

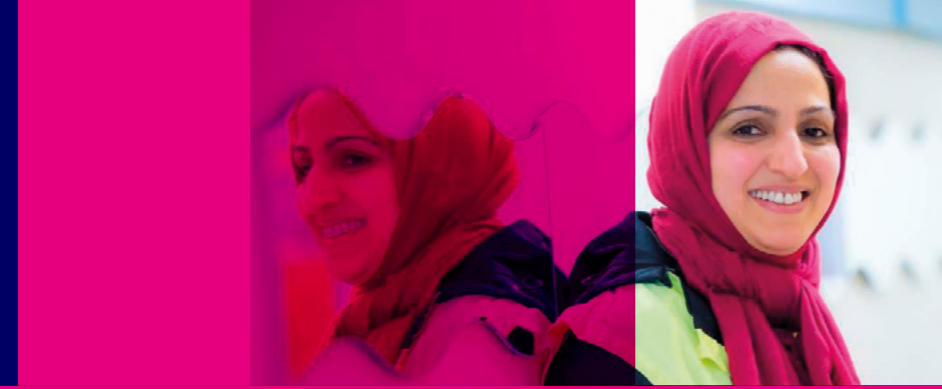
West Dunbartonshire Leisure introduced some changes, including getting all Jog Leaders trained in Mental Health Awareness, being quicker to respond to enquiries, informing members who their leaders would be that night, offering to meet new members ahead of sessions and we created a member's newsletter.

It was the SAMH training that made us realise how important it was to make the first impression positive. If we can breakdown as many barriers as we can, this should result in a positive experience for the jogger. We are planning further changes including using social media to raise awareness and promote positive messages, and creating a video showing potential members what a typical session looks like. This will help break down barriers and misconceptions.

I am not an expert in mental health, but I am more aware of how I act or communicate with people and of things I can do to help others. I am more confident to speak with other groups outside of athletics and jogscotland and advise them on what help is available. The confidence is only there as I have an amazing support team in scottishathletics, SAMH and jogscotland!

People need different levels of support and being able to listen and let them talk when they need to has made our groups a more friendly and sociable place. The SAMH and jogscotland partnership is a brilliant way to help make a positive impact on Scotland's physical and mental health!

I am happy to add that West Dunbartonshire Leisure is now a proud signatory of the SAMH Mental Health Charter for Sport & Physical Activity. //



Nasreen Choudry, 49, joined a local jogging group for the first time through the Community Strides project.

The jogging group meets at the Dundee International Women's Centre weekly. For many of the women taking part, it was the first time they had exercised in public. It was a big leap for many of them, which has taken courage. Now around 15 women are active in the established running class. One of the participants is Nasreen, who wasn't involved in any sporting activity before joining the class.

Nasreen, 49, was concerned that her fitness levels would hold her back in the class. But after plenty of encouragement in the early weeks from the Jog Leaders she is now feeling the benefits and is even considering taking up swimming.

// The only active thing I was doing was walking. I wasn't really aware of sporting opportunities in my area, I'm not really a gym person. I always felt that I should be more active but didn't know what to do.

I had never done anything like this before, even remotely, so I was worried about it. My fitness level was a huge worry, but I seem to be able to do it. The Jog Leaders have always been so encouraging and friendly. It's like being out with friends. Everyone looks out for you and has lots of praise, even when you are the last one. It's really helped me. I feel good and very positive after a run. I feel that I can actually achieve things if I set my mind to it. Myself and my sister have been out for a run on our own a few times too. I feel that my overall health and breathing have improved. //

FUTURE OPPORTUNITIES

scottishathletics recognises an ever-changing environment within the Scottish and UK sporting and political landscape. We will continually evolve and adapt to opportunities within this environment, but will also take control of our own destiny by ensuring we constantly set and review our own priorities.



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