

ACTIVE WELLBEING PROJECTS

2026-27

London School of Economics and Political Science

Project Lead: Daniel Smith (D.smith15@lse.ac.uk)

Project Focus: LGBTQ+ Inclusion in Sport and Physical Activity at LSE

This project seeks to strengthen and expand inclusive sport provision at LSE by ensuring that LGBTQ+ students can access sport and physical activity in ways that feel safe, welcoming, and confidence-building.

Currently, LGBTQ+ students remain underrepresented within LSE sport, with many reporting confidence issues and past negative experiences as key barriers to participation. Recent national developments affecting trans inclusion in sport have further highlighted the need for clear guidance, visible support, and alternative pathways to engagement.

The project will address these challenges through a multi-strand approach. This includes maintaining accessible guidance on National Governing Body inclusion policies, delivering trans-inclusive gym sessions in partnership with Pecs Education, and launching a sustainable Learn2Lift programme to build knowledge, confidence, and positive relationships with gym spaces.

Self-defence workshops delivered with Bender Defenders will further support student safety and empowerment, while the SU Social Sport Club will provide low-commitment, student-led opportunities focused on fun, connection, and belonging.

Impact will be measured through participation data alongside qualitative insights gathered via surveys and interviews, capturing changes in wellbeing, confidence, and sense of belonging. Together, these initiatives aim to embed a lasting culture of inclusion within LSE sport, ensuring LGBTQ+ students feel recognised, supported, and able to participate fully in university life.

Northumbria University

Project Lead: Andy Barton (andy.barton@northumbria.ac.uk)

Project Focus: Move Your Commute – Tackling Inequalities within Sport and Physical Activity

Northumbria Sport aims to improve the wellbeing of our students by delivering our project "Move Your Commute". We will provide free and accessible opportunities for students to integrate physical activity into their daily commuting routines across Semester 2 of the 2026/27 academic year at Northumbria University.

Our needs analysis has identified commuter students as the most underrepresented group requiring intervention to tackle inequalities within their sport and physical activity provision:

- Commuter students represent 42.9% of our total student body
- Yet comprise only 12.5% of Northumbria Sport participants

Our target is to increase participation by attracting 300+ new participants to a bespoke, new programme. Participants will be encouraged to "move more on their commute" (for example replacing driving with cycling, walking, or running).

We will measure participation through registration data, weekly activity logging via Strava, and attendance at our Coast Ride celebration event. In addition, we will measure sustained behaviour change, wellbeing impact, and community connection through surveys and focus groups to evidence the benefits of integrating active travel into daily life. A student intern (Programme Coordinator) will be recruited to manage programme delivery, data gathering, and participant engagement.

University Academy 92

Project Lead: Robbie Pennock (robbie.pennock@ua92.ac.uk)

Project Focus: MOVE with Sport92 - Improving Access to Physical Activity for Business School Students

Sport92 aims to improve student wellbeing at University Academy 92 through the delivery of MOVE with Sport92, a flexible and inclusive active wellbeing programme based at the UA92 Business School campus. The project will provide free, low-barrier, on-site physical activity opportunities for students who are currently underrepresented in sport and physical activity, particularly commuter and time-poor Business School students.

Our needs analysis shows that around 60% of Business School students are less active than they would like, largely due to limited access, travel barriers, and timetable pressures. MOVE with Sport92 will address these inequalities by introducing portable equipment and student-led sessions directly within the campus, engaging at least 80 students (with a minimum of 40% inactive at entry).

Participation and impact will be measured through session sign-ins, wellbeing “pulse” surveys, and regular student voice feedback, alongside the development of a sustainable student activator workforce to support long-term delivery.

University College London

Project Lead: Beth Lewis (beth.lewis@ucl.ac.uk)

Project Focus: TeamUCL Playmakers – Increasing Opportunities for the Student Volunteer Workforce

TeamUCL Playmakers is our sports leadership and volunteering programme, designed to empower students to develop their professional skillset through sport. With pathways including coaching, officiating and major event support, students can access training, financial support and real-world experience whilst being supported by staff.

A key part of this project is growing our volunteer workforce that are at the heart of delivering our sport and physical activity programmes to UCL’s 50,000+ students, including:

- **All Jokes Aside:** a campaign supporting the wellbeing and mental health of male-identifying students.
- **Pay & Play:** beginner-friendly, low-cost sport sessions across a wide range of activities.
- **Mass participation events:** flagship events such as the UCL Charity Swimathon and UCL Campus Run, which attract hundreds of students across our satellite campuses.
- **Social leagues and tournaments:** regular, semi-competitive sport for societies, departments and friendship groups to participate in close to campus.

By expanding the number of volunteers we support through our Playmakers programme, we can increase our delivery capacity and ensure our wellbeing programmes are student-led, inclusive and representative of our diverse student population.

University of Gloucestershire Student's Union

Project Lead: Henry Hope (hhope@glos.ac.uk)

Project Focus: Breaking the Barriers to Play

With over 1300 international students studying at the University of Gloucestershire, the project seeks to understand the cultural, religious, and practical factors that influence their participation in recreational and competitive sport.

Sport is one of the strongest tools we have for building belonging, confidence and community so without addressing the barriers faced by international students, many risk experiencing social isolation, reduced wellbeing, and missed opportunities for connection. Using an evidence-based, iterative approach, we will identify key barriers through research and test targeted initiatives informed by these findings. Each stage will be guided by data to ensure interventions are responsive and grounded in real student experiences. The insights gained will shape future strategies to improve participation and enhance existing initiatives, such as Move Your Way, by developing pathways that reflect the needs of international students and support a

positive sporting experience. targeted demographic to continue to engage with our programmes post funding.

University of Southampton and Southampton Solent University

Project Lead: Philip Malatesta (p.l.malatesta@soton.ac.uk)

Project Focus: Bite-Sized Movement – Embedding Physical Activity into the Academic Environment

Southampton Sport and Active Wellbeing aims to improve the wellbeing of our students by delivering our project Bite-Sized Movement opportunities. We will provide free and accessible openings for students to integrate short bursts of physical activity into their daily academic routines across the 2026/27 academic year at the University of Southampton & Southampton Solent University.

Our needs analysis has identified students who do not engage in traditional sport or fitness as the most underrepresented group requiring intervention to tackle inequalities in physical activity provision:

- A significant proportion of students' report being 'time poor' and spending long periods sedentary in lectures and study spaces
- These students are less likely to join sport clubs, intramural leagues, or structured exercise sessions

Our target is to increase participation by training 40 students and staff to deliver a new programme of 3-4-minute movement sessions embedded directly into lectures and seminars. Participants will be encouraged to 'move more during the academic day' through simple, low-impact exercises designed to be inclusive, confidence-building, and accessible to all.

We will measure participation through the number of trained deliverers, the number of bite-size sessions delivered, and the number of students reached across faculties. In addition, we will measure sustained behaviour change, wellbeing impact, and confidence levels through our Student Experience Survey surveys (Active Lives – Attitudes), lecturer feedback, questionnaires and focus groups to evidence the benefits of integrating movement into academic environments with findings published in an academic journal. A student intern will be recruited to support programme delivery, data gathering, and participant engagement.

The University of Southampton have soft launched the Exercise-is-Medicine campaign, and have begun phase one by playing the following video in *some* lecture theatres in 2025/26: [Active for All – An Exercise is Medicine On Campus Initiative](#)

University of the West of England - Bristol

Project Lead: Tamara Getter (tamara2.getter@uwe.ac.uk)

Project Focus: Global Majority Sport Community

At UWE Bristol we aim to establish a vibrant and inclusive Global Majority Sport Community. Run by a student activator, this programme will actively challenge racial inequalities and increase accessibility to sporting offers, increasing a wider sense of belonging for students from the Global Majority community. The project will reflect and align with the newly released UWE anti-racism strategy, helping put this into practice and bring change. Building on existing provision, this project will use student insight and co-creation to review, challenge and progress UWE 's sporting and physical activity opportunities, focusing on engaging those from the global majority community.

Success and impact will be measured through quantitative data, as well as qualitative data gathered through surveys, focus groups and testimonials.