

THE IMPACT OF **BUCS ACTIVE**

2022 - 2023

BUCS  **SPORT
ENGLAND**



THE IMPACT OF BUGS ACTIVE 2022 - 2023

AN OVERVIEW OF BUGS ACTIVE 5

This report aims to highlight the success of BUGS Active 5 projects, which ran between October 2022 and June 2023. Sport England funding was used to invest in nine universities to deliver 13 projects to support students across these three interventions:

1 TACKLING
INACTIVITY IN
FEMALE STUDENTS

2 USING PHYSICAL
ACTIVITY TO TACKLE
MENTAL HEALTH ISSUES

3 INACTIVE STUDENTS FROM
LOW SOCIO-ECONOMIC
BACKGROUNDS

BUGS ACTIVE 5 PARTICIPATION

9

INSTITUTIONS

13

PROJECTS

4,541

UNIQUE PARTICIPANTS

TARGET 2,175

9,009

PARTICIPANT THROUGHPUT

THE IMPACT OF BUCS ACTIVE 2022 - 2023

PARTICIPANTS BY INTERVENTION

INACTIVE FEMALES

1,341

TARGET 1,275

MENTAL HEALTH

1,533

TARGET 1,400

LOW SEG

1,667

TARGET 875

3
PROJECTS

FEMALE ACTIVITY LEVELS PRIOR TO BUCS ACTIVE 5

TACKLING **FEMALE INACTIVITY**



THE IMPACT OF BUCS ACTIVE 2022 - 2023

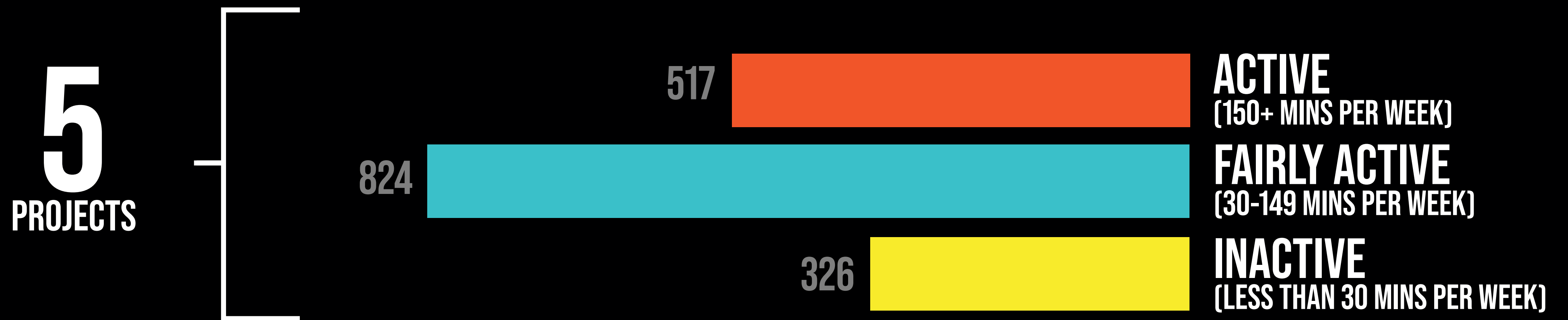
USING PHYSICAL ACTIVITY TO TACKLE **MENTAL HEALTH ISSUES**

THE SHORT WARWICK-EDINBURGH MENTAL WELLBEING SCALE*



INACTIVE STUDENTS FROM **LOW SOCIO-ECONOMIC BACKGROUNDS**

PHYSICAL ACTIVITY LEVELS PRIOR TO BUCS ACTIVE 5



*The Short Warwick-Edinburgh Mental Wellbeing Scale is used to measure mental wellbeing by asking the level of agreement with positively worded statements. The maximum score is 35 and a higher score represents higher mental wellbeing.

THE IMPACT OF BUGS ACTIVE 2022 - 2023

WORKFORCE DEVELOPMENT

107 STUDENT AND STAFF
WORKFORCE TRAINED
TARGET 71

SUPPORTED BY:



student
minds



TESTIMONIALS

“BUCS Active allowed us to enhance our social sport programme at the University of Hull by providing an online app and platform for participants to access and book our sessions in a matter of seconds. By making the booking process customer friendly and accessible this has helped to grow participation across our services. We have managed to engage Faculties in a way we haven’t done before which encouraged more students to become more active to support their overall mental and physical wellbeing.” **Matty Craven, Sport Development Officer, University of Hull**

“I can finally achieve my dream of learning how to swim.” – **University of Surrey student** – via projects delivered through **BUCS Active support**.

“The Access Fund has been a hugely successful referral scheme that I have been lucky enough to be a part of, seeing how it can enable individuals by removing the financial barrier to be involved with physical activity. Throughout the year I showed a number of students who came through the access fund around Surrey Sports Park, taking the individuals through exactly what they would do/where they would go for the different activities on offer in the building. I was there to answer any questions they had while also creating a positive first experience in the building helping to reduce their anxiety and/or confusion. It has been incredible seeing these individuals regularly using the facilities each time gain more and more confidence to step outside their comfort zone.” – **Staff feedback from the University of Surrey. BUCS Active funding was utilised to upskill a member of staff to deliver a new Exercise Referral Scheme at the university.**

THE IMPACT OF BUCS ACTIVE 2022 - 2023

BUCS ACTIVE NETWORK DAY



THE DESIRED OUTCOMES FOR THIS DAY WERE

- TO BRING INSTITUTIONS TOGETHER
- TO SHARE BEST PRACTICE
- SUPPORT FURTHER LEARNING THROUGH THE WORKSHOP DELIVERY
- TO FACILITATE THE OPPORTUNITY TO NETWORK WITH THOSE IN SIMILAR ROLES.

“I found the BUCS Active Network Day both insightful and engaging, it provided an opportunity for me to network and knowledge share with colleagues in the sector, something which I always find beneficial.

It was great to hear about and see the work that is taking place from external organisations and other institutions to make sport and physical activity more accessible for our students, particularly within underrepresented groups. The day provided an opportunity to discuss with colleagues what challenges the sector is facing and discuss some solutions of how we can break down those barriers to engage more students in our programmes.” - **Kate Hansbury, Head of Sports Development , Nottingham Trent University**

“The event had a wonderful atmosphere and was a great space to discuss barriers, explore solutions around the topic of building a diverse workforce whilst also opening the floor to hearing about the great work that is going on behind the scenes. I felt really welcomed at the event, everyone was really friendly, and it was one of the best events I had been to this year. Great job to everyone involved and thank you for having me.” - **Zoiey Smale, Inclusion and Diversity Consultant (Sport), Inclusive Employers**

28 MARCH 2023
AT VILLA PARK,
ASTON VILLA FOOTBALL CLUB

57 ATTENDEES FROM
31 INSTITUTIONS
ATTENDED

100% OF ATTENDEES WOULD
RECOMMEND THE EVENT TO A COLLEAGUE

SUPPORTED BY:

student
minds



activity
alliance



KING'S
College
LONDON

Imperial College
London



The University of
Nottingham