

Easy Read: Dumfries and Galloway Physical Activity Strategy 2025

	Easy Read
	<p>This is an Easy Read version of some information.</p> <p>It may not include all of the information but it will tell you about the important parts.</p>
	<p>This Easy Read booklet uses easier words and pictures.</p> <p>Some people may still want help to read it.</p>
	<p>Some words are in bold. This means the writing is thicker and darker.</p>
	<p>These are important words in the booklet.</p>

	<p>Sometimes if a bold word is hard to understand, we will explain what it means.</p>
--	---

	<p>What is in this booklet</p>
	<p>[Table of contents goes here]</p>

--	--

	About this booklet
	Dumfries and Galloway Council has written this booklet about helping local people to move more.
	We want to make it easier for everyone to be physically active, walk and cycle.
	This will be good for: <ul style="list-style-type: none"> • People’s health and independence. • Staying social and meeting new people. • The environment. This is where we live. It includes

	<p>the land, the sea, the air and everything that lives in and on it.</p>
--	---

	<p>Our physical activity and sport strategy</p>
	<p>This plan is about helping people in Dumfries and Galloway be more active.</p>
	<p>Being active helps us feel better, stay healthy, and live longer.</p>
	<p>Not everyone is active enough. We want to make it easy for everyone to be active.</p>

	<p>This strategy is our plan for how we will support and encourage people in Dumfries and Galloway to be active and move more, every day.</p>
	<p>Our plan tells you about the things we will do to achieve this.</p>
	<p>This includes:</p> <ul style="list-style-type: none"> • Working with many groups and organisations. • Helping people be active in different ways. • Keeping muscles strong. • Acting early to stop health problems before they start.
	<p>This plan is about helping people move more in their daily lives. To do this, we have thought about:</p> <ul style="list-style-type: none"> • What people are able to do.

	<ul style="list-style-type: none"> • Whether people have the chance to be active. • How people feel about being active.
--	---

	<p>Our vision</p>
	<p>We want Dumfries and Galloway to be a place to live where everyone can be more active, more often.</p>
	<p>We want to:</p> <ul style="list-style-type: none"> • Help people stay healthy • Prevent illness • Help people feel good and enjoy life

	Why moving more matters
	Being active helps you stay healthy, happy, and able to do things on your own.
	It can stop you from getting sick and help with conditions we already have.
	You can also learn new skills, have fun and meet other people in your community.

	How active people are in Dumfries and Galloway
	We looked at how people were being active in Dumfries and Galloway.

	<p>We wanted to understand where we need to help people to be more active.</p>
	<p>Over 1 in 3 adults and 1 in 2 children are not active enough in Dumfries and Galloway.</p>
	<p>There are many people who do little or no activity each week because of barriers that make it harder for them to be more active.</p>
	<p>We know that some people can experience greater barriers to being active include:</p> <ul style="list-style-type: none">• Older adults• Girls and women• People with disabilities• People who live in rural or poorer areas• Carers who look after others

	We want everyone to enjoy the benefits of being more active.
	We will focus on supporting people who are less active to move more.

	What people in Dumfries and Galloway told us
	We checked how active people were in Dumfries and Galloway. We listened to what local people said.
	We talked to people who do not often get to share what they think.
	People told us some reasons why they are not active: <ul style="list-style-type: none"> • I do not have time

	<ul style="list-style-type: none"> • The weather is bad • I feel embarrassed • It costs too much • There is nowhere to go nearby
	<p>We have some ideas that will help the people of Dumfries and Galloway to move more:</p> <ul style="list-style-type: none"> • Having fun while moving • Walking or cycling with others • Access to safe parks and paths • Friendly support and encouragement • Opportunities at school, work, or in the community

	<p>What we want to do</p>
--	----------------------------------

	Our plan will try new ideas that have worked in other places.
	It will work with local people and groups to help make Dumfries and Galloway a healthy and active region.
	We will make it easier for people to be active, especially those who do not move much now.
	We will let people know why moving is good, so they can start or keep going—at an age.
	We will work together to help people stay healthy, avoid illness, and recover faster.
	We will work with local people and listen to what they say.

	We will create good places where people can be active. Like parks, paths, and safe spaces.
	We will make being active feel normal, easy to do and more accessible through equitable opportunities.

	How we made this plan
	We worked with research from local and national experts.
	We held workshops and looked at what is already working.
	We focused on groups who find it hard to be active, like older adults or people in rural areas.

	Prevention and Support
	<p>We want to stop problems before they start:</p> <ul style="list-style-type: none"> • Help people understand the benefits of movement • Support people early • Help people who already have health issues stay active

	Our goals
	<p>Goals are the most important things that we are going to work on.</p>
	<p>We have goals for 2030:</p> <ul style="list-style-type: none"> • Help more people move more often, especially those

	<p>who don't do much activity now.</p> <ul style="list-style-type: none"> • More adults doing exercises that make their muscles strong.
--	--

	<h2>The 8 Action Areas</h2>
	<p>We will take action in 8 main areas:</p>

	<h3>1. Active Systems</h3>
	<p>Groups work together to make the whole plan work well.</p>
	<p>We want to keep learning and working together so we can make the biggest positive change in people's lives.</p>

	We will work closely with organisations who can help people to be more active.
	We will share what we know about the support people need to move more.
	We will encourage people to think about how they could support people to be more active.
	We will support people to develop skills that will help other people who are less active to move more.

	2. Active Travel
	Help people walk, wheel, or cycle safely.

	Active Travel means cycling, walking or wheeling to get to places like work, school, and the shops or to meet friends or family.
	Our ambition is to develop high quality, safe walking and cycling routes to encourage more people to use active travel.

	3. Active Places of Learning
	Schools support movement for children and young people.
	Physical activity is really good for children and young people. We need to do more to help children be healthy and move more.
	We want all early years settings like nurseries and schools as well

	as Further and Higher Education institutions to be active places.
	Teachers and leaders recognise that physical activity will help to improve health and help children and young people learn more.

	4. Active Places and Spaces
	Parks and safe places to be active.
	Our ambition is to create connected, clean and active neighbourhoods, outdoor places and spaces. They will be attractive and bring communities together to enjoy being active.
	It is important to make sure that physical activity is included in local plans. We will communicate with

	<p>local communities to help create, maintain and increase use of places in a way that suits them.</p>
--	--

	<p>5. Active Workplace</p>
	<p>Help people move more during work.</p>
	<p>People spend about a third of their time at work.</p> <p>We will raise awareness across all workplaces of the importance of moving more in the workplace.</p>
	<p>We will support employers to encourage their staff to be more active, either as part of their working day or when travelling to and from work.</p>

	<p>This could be walking meetings, active lunchtimes or using the stairs.</p> <p>We will also carry on developing walking and cycling routes between businesses, fitness centres, public facilities and residential areas.</p>
--	--

	<p>6. Active Sport and Recreation</p>
	<p>Fun activities for everyone.</p>
	<p>We have great links with sports clubs and sporting organisations and people are proud of these partnerships.</p>
	<p>Our ambition is to increase access for communities to local</p>

	<p>spaces to play sport like schools, sports centres and parks.</p> <p>We will also promote things like walking, dancing and yoga to engage people who may be less active.</p>
	<p>We will carry on with local initiatives that run to encourage everyone to be active.</p>
	<p>We will also look for new ways to get people to be active together.</p>

	<p>7. Active Health and Social Care</p>
	<p>Help people be active to stay well.</p>
	<p>We will work with our key health organisations to encourage</p>

	<p>promotion of physical activity as part of everyday practice.</p> <p>We will connect health and care pathways with community programmes to sustain activity based on people's needs and interests.</p>
	<p>This will support people to better self-manage their long-term conditions and prepare for treatments, operations and other medical interventions.</p>
	<p>We will also support our frontline health and social care staff to make sure they include physical activity in care plans and consultations.</p>
	<p>We will have good access to training on how to advise and</p>

	motivate patients at every opportunity.
--	---

	8. Active Communication
	Spread messages about being active.
	We will work with our partners to make sure that we deliver a strong message to support people of all ages to move more and be active every day.

	How we will know we are making a difference
	We want to make sure the strategy is working.

	We will create a big plan that shows what we want to do and how we will do it.
	We will set clear targets and check how we are doing regularly.
	We will share progress with local planning groups.
	We will listen to local people and partners to understand what is working and what needs to change.
	This will help leaders make better decisions and support a more active community.

	Final words
--	--------------------

	This plan is for everyone.
	Moving your body helps you live better.
	Let us all work together to make Dumfries and Galloway a more active place!

	How you can get involved
	Tell other people you know about this plan to help people get more active.
	Think about how much activity you do. <ul style="list-style-type: none"> • Would you like to do more? • What types of activity do you enjoy?