



We're Seriously Social About

Health and Wellbeing

*Swipe through for wellbeing insights based on national stats
- and see the real impact we're making in Fife every day.*



1

Move for Your Mood

Physical activity can reduce stress, and support better mental and physical health. Whether it's a gym workout, fitness class, or a brisk walk on the treadmill – it all counts!

In 2023–24, Fife Sports and Leisure Trust welcomed over

2.6 Million
visits

↑ Up from

2.4 Million
the previous year



That's nearly

7,200

people every
single day!



2

More than a pool

Leisure centres and swimming pools are more than places to get active – they're community hubs where people come together for connection, fun, and fitness.



*In 2024/2025,
we trained*

102

New lifeguards

*through 9 National Pool
Lifeguard Qualification
(NPLQ) courses.*



We've delivered over

4,955

hours of training



We've delivered over

14

*hours of instructor
training to upskill our
staff.*

3

Swimming for Health and Wellbeing

Incorporating swimming into your routine not only enhances physical health but also supports mental wellbeing and contributes to community health benefits.



Our data shows regular swimming has reduced GP visits, saving over

£82K

in healthcare costs.

70%

of regular swimmers in Scotland swim for mental health.

(Source: Scottish Swimming – The benefits of swimming pools)



From stronger bodies to calmer minds, swimming supports individual health and strengthens community wellbeing.

4

Learning to Swim

Learning to swim is more than a milestone – it's confidence, safety, and a skill for life!

1 in 4 children in the UK leave primary school unable to swim.



(Source: Swim England)



At Fife Sports and Leisure Trust, we're helping change that. In 2024/25, we averaged

8,324

children enrolled in swimming lessons each month, **making us one of Scotland's largest Learn to Swim providers.**



Through our partnership with Active for Families and Active Schools,

113

children received fully funded places – supporting equal access to life-saving skills.

5

Active Kids, Healthy Futures

Active children are more likely to succeed in school, have better mental health, and stay active as adults.

In 2024/25, we recorded

40,466

Junior Attendances

that's over

770  **Per Week**

that's over

110  **Per Day**

across our venues



As of 2022, approximately

69%

of children aged 5–15 met the recommended guideline of at least minutes of physical activity daily, including school-based activities.

6

Support for Long-Term Conditions

Movement can improve quality of life and help manage long-term health conditions.

Self-referrals rose by
120%,
and total referrals increased by 17%, showing growing trust in our services.

100%
of participants in our Back Pain Programme reported pain reduction.

90%
of Active for Health and Active Back Care users improved their mental wellbeing.

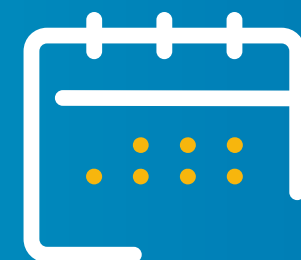
We've delivered over

5200+

specialist health and wellbeing classes for people living with conditions like cancer, diabetes, and heart disease.

That's over

220



Full Days

of physical activity, connection, and wellbeing.

7

Fitness that Connects

Exercising with others doesn't just boost fitness - it builds friendships and improves mental health.

More classes, more connection, and stronger communities.



In 2024/25, we delivered

14,322

People who feel socially connected are

50%

more likely to report good mental health.

(Source: Mental Health Foundation)

↑ Up from

31%

from the year before.

*Weekly sessions grew from **200** to over **350**, driving*

223,957

attendances across the year.

Committed to Welcoming Spaces



At Fife Sports and Leisure Trust, we're proud to provide more than just places to be active – we create welcoming spaces where community health and wellbeing can thrive.

Our latest Customer Experience (2024/2025) results show that visitors feel supported, valued, and safe across our Activity Experience: venues:



Activity Experience:

8.92/10

↑ Up from

8.63



Staff Support & Friendliness:

9.35/10

↑ Up from

8.37

When people feel welcome, they're more likely to move more, feel better, and stay connected.



Venue Quality & Cleanliness:

8.55/10

↑ Up from

8.37