Sport and Social Exclusion
Michael F. Collins with Tess Kay
Foreword by Allan Patmore

Also available as a printed book
see title verso for ISBN details
Tackling social exclusion is a key aim of the social policy of any government. *Sport and Social Exclusion* assembles a vast array of evidence from a range of global sources to demonstrate how the effects of social exclusion are as evident in sport as they are in any area of society.

The book uses sport as an important case study for reflecting critically on existing social policy, and addresses sport’s role as a source of new initiatives for tackling exclusion. It covers key topics such as:

- What we mean by ‘social exclusion’
- How social exclusion affects citizenship and the chance to play sport
- How exclusion from sport is linked to poverty, class, age, gender, ethnicity, disability, and involvement in youth delinquency
- How exclusion is linked to concepts of personal and communal social capital.

*Sport and Social Exclusion* includes a wealth of original research data, as well as a range of important new studies of social exclusion policy and practice in the UK and elsewhere. Drawing upon this research, the author offers important recommendations on how exclusion from sport and society should be tackled in the future. By relating current policy to new research the book provides a foundation for students, academics and policy makers to examine their own understanding, studies and practices.

**Mike Collins** is Senior Lecturer in Sport and Leisure Management at Loughborough University. He was Head of Research at the Sports Council and has conducted and managed research on behalf of the Sports Council, the Department of Culture, Media and Sport and many other organisations.
This book is dedicated to three people: two friends and colleagues who have been models of intellectual integrity in social research and policy application – Allan Patmore and the late Sue Glyptis; and my wife Sue, who has loved, fed and watered, and supported me for nearly forty years, and who is my severest critic!
Contents

List of figures x
List of tables xi
Foreword by Professor Allan Patmore xiii
Preface xvi
Glossary xviii

1 Introduction 1

2 From absolute poverty to social exclusion 5
   From absolute and relative poverty to social exclusion 5
   Measuring poverty and social exclusion 11
   The geography of exclusion 15
   Sport and social class 17
   Exclusion, sport and citizenship 19

3 Constraints on and benefits of playing sport 24
   Constraints on playing sport 24
   Benefits claimed for playing sport 27

4 Poverty: The core of exclusion 34
   Introduction: Why we know so little about the economic gradient in sport and leisure 34
   The context of anti-poverty policies and leisure 35
   Sport and poverty, and prices 38
   Local authority anti-poverty strategies and leisure cards 43
   Case study 1: Leisure cards in Leicester and Oxford 50
   Conclusion 58

5 Exclusion, education and young people’s sport 60
   Introduction: Children and poverty 60
   The early years: Home, play and primary schooling 62
## Contents

*Developing sports interests: Secondary schools and clubs*

*Dropping out or sustaining interest? Sports clubs and out-of-school schemes*

*Developing commitments: Sports performance and excellence*

*Case study 2: Sport for secondary schoolchildren – Go for Gold and Champion Coaching in Nottinghamshire*

*Conclusions*

### 6 Gender, sport and social exclusion

*By Tess kay*

*Introduction: Sport and the gendered experience of social exclusion*

*Women’s experience of poverty and social exclusion*

*Women, sport and social exclusion*

*Sport, gender and social exclusion: Issues and initiatives*

*Feminising sports provision*

*Conclusion*

### 7 Exclusion and older people in sport

*Introduction: Age and social exclusion*

*Ageing, leisure and sport*

*Conclusions*

### 8 Social exclusion and sport in a multicultural society

*Introduction: From race to ethnicity*

*Multicultural participation in sport*

*Sport, ethnicity and exclusion*

*Interventions*

*Conclusions*

### 9 Sport and disability

*Introduction: Attitudes, policies and structures*

*Sport and disability, mental illness and learning difficulties*

*Case study 3: Disability and sport and leisure in Leicester*

*Conclusions*

### 10 Sport and youth delinquency

*Introduction: Youth and crime – the facts*

*Causes and triggers of youth delinquency, and forms of intervention*
The growing interest in sport as an intervention in youth delinquency 169
Case study 4: Intervening to make a difference? Street Sport, Stoke, as a primary intervention and Hampshire Sports Counselling as a tertiary one 171
Conclusions 192

11 Rural and urban perspectives on exclusion and sport 194
Rural England: Idyll or exclusion? 194
Sport and exclusion in urban England 204

12 Policy implementation: Stronger citizenship and communal social capital through sport? 217
Implementing inclusion policies and programmes 217
The Third Way and communal social capital in sports clubs 230
Conclusions 237

13 Conclusions 238
Summary of findings 238
Equity, non-participation and exclusion 244
Evaluation and future lines of research 248
Endnote 250

References 254
Author Index 293
Subject Index 301
## Figures

3.1 Model of relationships between sport and wider social and economic benefits 30
4.1 Reasons for establishing leisure card schemes 45
4.2 Groups targeted by leisure card schemes 46
4.3 Membership as a percentage of the population: concession-only and multi-tiered leisure cards 49
4.4 Use of Leicester Leisure Pass compared with membership totals 53
4.5 Geographic take-up of Leicester’s Leisure Pass 56
5.1 Social class of elite performers 83
5.2 The ‘new’ Nottinghamshire Sports Training Scheme 86
5.3 Distribution of population and Champion Coaching participants in Nottinghamshire 91
9.1 Top ten activities for people with disabilities in Leicester in 1999, compared with 1989 153
9.2 How disabled respondents found out about leisure events/opportunities 155
10.1 A framework to link the causes of delinquency, the benefits of recreation and philosophies of intervention 168
10.2 Theoretical framework for Street Sport, Stoke on Trent 176
10.3 Theoretical framework for the Sports Counselling project, Hampshire Probation Service 176
10.4 Leisure life history chart, Martyn 181
12.1 Average number of sports played when aged 10 to 20 by male cohorts 221
12.2 Average number of sports played when aged 10 to 20 by female cohorts 221
12.3 Sport England’s evaluation framework for sport 223
Tables

2.1 The three discourses of social exclusion 9
2.2 Poor adults and children, 1979–2000 12
2.3 The composition and risk of becoming poor, by family and economic status in 1994–95 and 1999–2000 13
3.1 Constraints and exclusion in sport and leisure 26
3.2 Benefits of sports participation: coverage of selected reviews 28
3.3 Potential benefits of sport as perceived by local authority staff 29
3.4 Inequalities in participation in sport by social class: the 1960s and the 1990s 33
4.1 Consumer reactions to four Scottish pricing experiments 40
4.2 Modest-but-adequate and low-cost family leisure budgets, 1992 42
4.3 Local authorities with leisure and loyalty cards, 1999 45
4.4 Postcode Index of Deprivation and number of cardholders: Leicester 55
5.1 Outcomes of child well being in the last 20 years 61
5.2 Sport for children of primary age, 1999 65
5.3 Sport for children of secondary age, 1999 69
5.4 Some good practices in youth sport 78
5.5 Schools’ involvement in Sport England initiatives 79
5.6 Children’s sports activity after attending the Nottinghamshire Sports Training Scheme 88
5.7 Residents and performance participants living in areas of social need in Nottinghamshire 91
5.8 Likelihood of young people getting involved in Champion Coaching according to social need 92
6.1 Sports participation by sex and occupational group, 1996 102
7.1 Sports participation amongst people aged over 45 in Great Britain, 1987–96 119
7.2 Sports participation by age in three European countries 120
7.3 Projected population aged over 65 years, 1990–2025 122
Michael Collins has been at the heart of sports policy in Britain for more than thirty years, first as Head of Research and Planning at the erstwhile Sports Council, and then, since 1989, at Loughborough University as founder Director of the Institute of Sports Planning and Management and a lecturer and researcher. His impact has been immense, far more than any simple record of publication might suggest. At the Sports Council, not only was he the inspiration and mentor behind a huge body of research projects (over 500), but he also used his legendary energies to see research concepts tested in the field and become an inherent part of the delivery of national sports policy and funding. At Loughborough, his energies have been undiminished, as much in the stimulation of others as in purely personal achievement. Generous almost to a fault with his time, he is so often the first point of contact of any writer and researcher with ideas to test and explore.

It is due in no small measure to Mike Collins that British sports policy has been deeply concerned with so much more than the simple provision of sports facilities or the financial support of elite athletes and their coaches. For him, the slogan ‘Sport for All’ has been a tenet of belief – not just a belief springing from simple emotion, but one founded on a practical concern with tested outcomes. He is clear that sport should never be funded only as an adjunct to greater national prestige and national glory; he is far more concerned with the deep-rooted benefits widespread participation in sport can bring to health, enjoyment and well-being across the whole of society.

He is not alone, of course, in this belief, but he has long felt that there should be an accessible but uncompromising review of the evidence for the social impact of sport, as a firmer foundation for formulating sports policy at both national and local levels. This volume is that foundation, the happy outcome of the urgings so many have made of its author. Its range and grasp are magisterial. The bibliography alone will be a treasure for contemporary workers. Almost all references are to material less than a decade old and he ranges with easy familiarity over British, American and European sources. But this book is not simply – or even primarily – an evidential review. The evidence is used, carefully and convincingly, to test the links between the benefits of sport and
the well-being of those who have less than average economic and social capital, to challenge much contemporary thinking, and to leave – as ever – a legacy of fresh ideas in the spending of hard-won public resources.

At the heart of the book lies the contemporary concept of social exclusion. The term is itself of French derivation (Tunstall et al., 2002) and is perhaps best described in the Social Exclusion Unit’s 1997 words as ‘a shorthand term for what can happen when people or areas suffer from a combination of linked problems such as unemployment, poor skills, low income, poor housing, high crime environments, bad health and family breakdown’. The concept is more fully explored in Chapter 2, but this description will suffice the present purpose. It is a complex phenomenon with complex roots: the essence of the debate in this book is to explore how far such exclusion may be ameliorated, or even overcome, by sports participation and sporting provision.

Inevitably, the answers – or perhaps the pointers towards answers – are much more complex than the definition. Social exclusion, as both concept and phenomenon, has many facets, facets explored in succeeding chapters. It is not the purpose of this foreword to anticipate arguments or conclusions, but from the very beginning it is clear that the evidence for the impact of sport on differing themes within social exclusion varies greatly both in extent and quality. The variation may perhaps be most simply expressed in the length of the successive chapters of the book, but it still on occasion surprises. Compare, for example, the very full discussion in relation to education and young people’s sport (Chapter 5) with the necessarily meagre debate on sport’s relation to older people (Chapter 6), which is a greater and growing segment of the population as a whole.

The messages from the debates within the book are complex. But in wrestling with them a couple of cautious notes may be helpful from the outset. The first, of course, is that sport, or provision for sport, is no panacea in itself for the problems stemming from social exclusion. It must not be forgotten that a prime characteristic of sport, as with all other leisure activities, is the element of choice. Even when all barriers to participation have been removed by the public purse – or the private and voluntary sectors – the individual has the obvious personal right to refuse to participate. Indeed the right to accept, whatever the evidence of benefits, remains a right and not a duty!

It is beyond the remit of the book, in considering how to tackle social exclusion, to weigh the relative worth of investment in sport with investment in other forms of recreation, or indeed with far more basic programmes of health, housing and education. But the comment is made only to keep the whole issue of sport in necessary perspective and not to suggest in any way that the debate on the role of investment in sport in all its facets is neither worthy nor worthwhile!

The second comment is one of equal but differing caution. Accepting that initiatives in the field of sport may have a valuable – even a vital – role to play in helping to overcome social exclusion, it is dangerous to move too far in the
other direction, to pursue a wide range of differing (if equally valuable) initiatives, yet to pursue none long enough for its significance and effects to be fully and fairly assessed. As politicians and managers change, each in turn locked into a personal quest for distinctive policies ‘to make a difference’ and to carry their individual stamp for wider approbation, so programmes are all too often terminated long before their impact or success can be perceived or measured. The tendency to indulge in what Mike Collins calls ‘initiativitis’ is dangerous and counter-productive in trying to tackle social exclusion. ‘Sustainability’ should be an exhortation to funders as much as to the funded.

These points are basic to profiling the riches of this study, for sport alone can never be a panacea to countering social exclusion, and programmes need time as well as funds and staff to become effective. But with these cautions in mind, there remains a great range of concept, of policy, of theory and of practice to be explored before truly sound funding decisions can be made. In this context, academics and pragmatists, policy makers and practitioners owe Mike Collins a great debt for having done so much of their thinking – and reading – for them. But though the intended audience may be diverse, the heart of this book is simple and clearly focused: that in sport there is a suite of powerful tool to tackle and ameliorate some of the varied and painful ills of social exclusion in the developed societies of the twenty-first century. It is rooted in a profound, and overt, belief that sport can become an agent rather than a mirror of change in society.

Allan Patmore

Reference

After seventeen years of fascinating and challenging work as Head of Research, Planning (both town and strategic) and sometimes Information at the Sports Council, now Sport England, I came to Loughborough, first as founder Director of the Institute of Sport Planning and Management (now the Institute of Sport and Leisure Policy) and subsequently as a lecturer in sport and leisure management. Here the research has been almost as varied as the more than 500 projects I managed in London.

Since 1972 I have seen several major switches of politics, five different directors and seven chairmen of the Sports Council/English Sports Council/Sport England and even more different sports ministers with varying levels of energy, imagination and competence, considerable professionalisation of sports occupations, the rapid growth of sponsorship and then of commercial operations in sport, and three transformations of how sport is delivered through local government.

The two overriding lessons I learned from my Sports Council work was first that one had to find ways of making real the policy challenges to all the parts of the fragmented sports system; and second that there are two roles that the public agencies cannot duck and which they must carry out to serve the citizens whose taxes pay for their salaries and operations – that of co-ordinating all the parts including voluntary and commercial partners, and that of serving those who have less than average economic and social capital. For these lessons I have much to thank Walter Winterbottom, Gordon Cherry and Allan Patmore for, and George Walker, secretary to many Council of Europe committees for sport, with whom it was a pleasure to work over that same period.

In my other guises as a Methodist preacher and youth leader, school governor, Community Health Council chairman, and secretary to various professional and voluntary bodies, I had long been aware of the often-hidden phenomenon of inequality of resources and opportunities in British society. This was driven home in a new and graphic way when I was commissioned by the Department for Culture, Media and Sport to review social exclusion in sport for the Policy Action Team 10. I am grateful to Paul Bolt, Director of
Policy and Information, and to Phyllida Shaw who shared the work in focusing on the arts, and gave me new insights into that facet of leisure.

I am especially grateful to colleagues and PhD students who have shared the burden of working with me on the four case studies in the book – Guy Jackson, Chris Kennett, Fiona McCormack, and Jim Buller. Likewise, I thank Tess Kay whose great experience in gender and sport issues made her a better author of Chapter 6 than I could be, and whose friendship is a week-by-week pleasure. I acknowledge with thanks permission to reproduce Figure 3.1 by Aston Business School, Figures 12.1 and 12.2 by Professor Ken Roberts, and Figure 12.3 by Sport England.

That too-rapid review of what I knew and gathering much new material convinced me that this issue needed a book to set it out; I am grateful to my Department and Faculty for the sabbatical which enabled me to get into the work, if not completely out of it! Throughout the writing, I am grateful to the many people, too many to list, in the UK, Europe, North America and other parts of the world who have given me information and advice, especially through the spate of social exclusion and inclusion publications of the last eighteen months. I hope I have made good and accurate use, quotation, summary and reference to what you told and sent me. Errors and omissions are mine, and not yours.

Michael F. Collins
Shepshed, April 2002
<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>APS</td>
<td>Anti-Poverty Strategy</td>
</tr>
<tr>
<td>CA</td>
<td>Countryside Agency (formerly Countryside Commission)</td>
</tr>
<tr>
<td>CCPR</td>
<td>Central Council of Physical Recreation</td>
</tr>
<tr>
<td>CIPFA</td>
<td>Chartered Institute of Public Finance and Accountancy</td>
</tr>
<tr>
<td>CLR</td>
<td>Centre for Leisure Research (Edinburgh University)</td>
</tr>
<tr>
<td>DCMS</td>
<td>Department for Culture, Media and Sport</td>
</tr>
<tr>
<td>DETR</td>
<td>Department of Environment, Transport and the Regions (now Department for Transport, Local Government and the Regions)</td>
</tr>
<tr>
<td>DfEE</td>
<td>Department for Education and Employment (predecessor to DfES)</td>
</tr>
<tr>
<td>DfES</td>
<td>Department for Education and Skills</td>
</tr>
<tr>
<td>DNH</td>
<td>Department of National Heritage (predecessor to DCMS)</td>
</tr>
<tr>
<td>DSS</td>
<td>Department of Social Security (now Department for Work and Pensions)</td>
</tr>
<tr>
<td>EC/EU</td>
<td>European Commission/European Union</td>
</tr>
<tr>
<td>ESC</td>
<td>English Sports Council (preceded by the Sports Council)</td>
</tr>
<tr>
<td>HEA</td>
<td>Health Education Authority (now the Health Development Agency)</td>
</tr>
<tr>
<td>HSC</td>
<td>Hampshire Sports Counselling</td>
</tr>
<tr>
<td>ILAM</td>
<td>Institute of Leisure and Amenity Management</td>
</tr>
<tr>
<td>ISRM</td>
<td>Institute of Sport and Recreation Management</td>
</tr>
<tr>
<td>LC</td>
<td>Leisure Card (or Passport to Leisure)</td>
</tr>
<tr>
<td>LGA</td>
<td>Local Government Association</td>
</tr>
<tr>
<td>NPFA</td>
<td>National Playing Fields Association</td>
</tr>
<tr>
<td>NSTS</td>
<td>Nottinghamshire Sports Training Scheme</td>
</tr>
<tr>
<td>ONS</td>
<td>Office for National Statistics</td>
</tr>
<tr>
<td>PAT 10</td>
<td>Policy Action Team 10 (on sport, arts and social exclusion)</td>
</tr>
<tr>
<td>SAZ</td>
<td>Sport Action Zone</td>
</tr>
<tr>
<td>SE</td>
<td>Sport England (successor to ESC)</td>
</tr>
<tr>
<td>SEU</td>
<td>Social Exclusion Unit (in the Cabinet Office)</td>
</tr>
<tr>
<td>SS</td>
<td>Street Sport, Stoke on Trent</td>
</tr>
<tr>
<td>UKS</td>
<td>UK Sport</td>
</tr>
</tbody>
</table>
This book is intended for both academic and professional audiences. It is not a cook book, nor even a guide to good practice. As I discuss in Chapter 12, several of these have appeared, more than one from government, long before evidence-based conclusions can be drawn. These are based on professional and journalistic anecdotes, often on great experience, and are not to be altogether dismissed.

The intention of this book is to issue a clarion call to researchers and policy makers to:

- alert them to the scale and deep-rootedness of inequality and exclusion issues, and the slowness of change to which politicians will often not admit;
- warn them of the dangers of succumbing to ‘initiative overload’ from government and its agencies, or to ‘compassion fatigue’, and of convincing themselves and their executive committees, councils and boards of management that current actions are sufficient which in most cases they are not;
- persuade them to be committed to policies and practices to increase inclusion despite the whims of politics, the changing winds of financial and human resources, the waywardness of colleagues and partner organisations, and the sporadic interest of the media and general public, more often looking for scandals and bad news than good.

It seeks, for each facet of exclusion, to summarise the evidence of it in society generally, to draw together coherently the scattered research evidence from the UK and elsewhere of how it is manifested in sport and leisure, to describe the current policy context and actions to combat exclusion, and to outline initial research results where these are available. In four chapters, I provide summaries of case studies I have been able to complete with colleagues in recent years on four issues – discount schemes and poverty, inequality manifested in children’s sport, disability, and youth delinquency. These are attempts at evidence-based work, imperfect because they were
done in hindsight and so depend on recall stimulated by postal and telephone questionnaires and interviews, with incomplete corroboration from records not gathered for monitoring and evaluation purposes. They were also done with no national agency or research council or foundation funding, which would have provided more money and ‘person power’.

The thread of the book unrolls as follows. In Chapter 2, I show how the concepts around poverty have developed from a simple measure of the basic staples of life – *absolute* poverty – through the ideas of the poverty of some groups in twentieth century society *relative* to what the majority have and expect in terms of a wider range of goods and services including leisure and culture, to the wider idea and process of exclusion from the main sphere of involvement in contemporary society. The chapter ends with a debate about different forms of equality and a view of what an inclusion policy might seek to achieve.

Chapter 3 provides an overview of two substantial literatures that form a background to the main debates in the book. It is clear that everyone is constrained to a degree in the range and intensity that they can commit to their leisure pursuits, but some are multiply constrained. These tend substantially to be people with poorer education, low skills and income, poorer housing and health – a nexus of disadvantage and exclusion. This clearly needs attacking through a coherent group of policies and a network of agencies. So far as the wide range of personal and social benefits claimed for taking part in sport by politicians, managers, medics and educationalists is concerned, it is clear that much evidence is patchy and small-scale, situation-specific and based on no baseline or longitudinal data, and on participants’ self-reports. But even if only part of such claims, on top of sport’s intrinsic values of enjoyment and personal achievement, are real and can be substantiated for the sceptics, why should a substantial minority of citizens and taxpayers have substantially poorer opportunities?

Chapter 4 focuses on poverty, which I believe underpins the exclusion experienced by people because of other factors like age, gender, disability, ethnic grouping, or location. I illustrate it with a case study of the introduction of systematic discounts through leisure cards, contrasting an early example in the city of Leicester and a more recent one in Oxford. The reality of a quarter of adults and a third of children being poor is generally linked to the basics of life (housing, income from jobs or welfare, education and health), but is underplayed by central and local government when related to leisure. This was true in PAT 10’s report, and in the Department for Culture, Media and Sport (DCMS) reviews of PAT 10 and general progress on social inclusion, and many local anti-poverty strategies do not see culture and leisure as part of the opportunities, if not rights, of citizenship.

Chapter 5 examines the differing chances of children from their early experiences of sport and physical education (PE), mediated in primary and secondary school and in clubs through gender, disability, ethnicity and location. The case study is of the differential access and take-up of opportunities to try new sports and develop skills in Nottinghamshire.
In Chapter 6 Tess Kay looks at the evidence from perhaps the longest lasting and most studied of exclusions – that of gender. From its inception sport has been organised by men and overwhelmingly seen until recently as a pursuit for men. Women have been trying to equalise opportunities to play, teach, coach and administer, but as she shows, are still some way from that position despite equal opportunity laws. Women are, however, slowly finding ways to empowerment.

In Chapter 7 I look at how opportunities to partake in sport diminish with age, except for the richest and best educated people, but how other countries engender more inclusion, whether because of history, sports structure and finance, or a different philosophy of active citizenship through sport.

Chapters 8 and 9 cover aspects where Britain has enacted legislation to bolster and encourage equal opportunities for two minority groups – people from ethnic minorities and people who are disabled. The majority of people from ethnic minorities are indisputably multiply deprived to a degree that threatens to ghettoise them, even in their second and third generation's residence in Britain. Many people with a disability are dependent on welfare and are thereby poor because of the modest level of payments in the UK compared with much of north and west Europe. Both groups have been allocated priority programmes by both the DCMS and Sport England, and there is a new English Federation of Disability Sport which may become a source of real empowerment. Meantime football, cricket and rugby are seeking to root out racism from both players and spectators.

Chapter 10 delves into the growing mountain of reviews and studies of sport and recreation being used for preventive or rehabilitative means. Using a case study of primary (preventive) recreational work amongst young teenagers in Stoke on Trent and of rehabilitative work amongst young adult offenders in Hampshire, it attempts to unravel the problem of the impoverished childhood of many ‘at risk’ or offending youngsters, and to show the methods and limitations of such interventions, often ridiculed by the popular press as ‘holidays for hooligans’, which deters politicians from supporting them. The limitations are notably their under-funded and short-term nature when trying to combat years of poor and crime-ridden environments, broken families, and educational failure.

Chapter 11 shows that social exclusion manifests itself equally in town and country, giving the lie to Power’s (1998: 1) strong averrance that it is almost entirely an urban problem and an urban agenda. But it is much more strongly concentrated in cities and correlated with manifestations of poor housing, poor health and crime. Consequently exclusion has been much more studied and attacked by grant aid and public policy programmes in cities, than in the countryside, where Slee, Curry and Joseph’s (2001) overview is the first related to leisure and sport.

Explicit governmental social inclusion policies and programmes are very new, too new to yield reliable accounts of best practice let alone researched and considered critiques of outcomes, so Chapter 12 draws together two threads:
a number of suggestions as to how to make them more effective in delivery and outcome, mainly through less novelty, better resourcing, more commitment, a closer focus, and less impatience; and a consideration of the role of sports clubs as a form of civic action and social capital in the mixed economy of modern governance. But I believe the government’s aspirations will not be met, even if the autonomous club movement concurs and forms partnerships, unless the historic structural and organisational weakness of local fragmentation is substantially remedied.

After summarising the findings of previous chapters, Chapter 13 draws some conclusions:

- Participation does not equal exclusion, but time and time again the poor have a low level or narrow range of participation not only in sport but in a much wider range of leisure, and this is even more true if they are female, non-white and disabled. Is it credible to believe that they repeatedly restrict their leisure in this way by choice? Exclusion is widespread, established early (see the gendered attitudes to sport by the age of 9 or 10 exhibited in Chapter 5), persistent and difficult to overcome. Its core is poverty. Moreover, such differences are repeated in other European countries and the USA, even though they are nuanced by different income and class gradients.

- Evaluation has been rare, skimpy and under-resourced. Difficult as it is, politicians, the media and the public expect, and are being led increasingly to look for, evidence that relates not to the more easily measured outputs, but to the broad, complex, overlapping, slippery and sometimes contradictory outcomes. But these take time to develop and neither officials nor politicians show any understanding of this in exercising patience, or resisting jumping between programmes at the first sign of positive news of take-up or popularity.

- Evidence for benefits to cardiovascular health from vigorous exercise and to other ailments from moderate exercise, and to self-confidence and self-esteem are unquestionably confirmed; but for most other claims evidence is patchy, anecdotal or open to question in methodology. Researchers have to be more clever and determined, and funders more generous and patient, for above all longitudinal data is needed.

- On the one hand, sport can rarely yield economic, environmental, health, safety or social benefits acting alone; it needs to be a partner, often a minor one, with those promoting other policies; but it will, I believe, betray its potential if it fails to strive and colludes with sustaining the current unequal status quo. On the other hand, DCMS and Sport England among others must beware of making claims that cannot be supported by good evidence, and be open to claims of exaggeration or prematurity.
Chapter 1 Introduction

Chapter 2 From absolute poverty to social exclusion
Audit Commission (1999) The price is right London: Audit Commission
Beveridge, W. (1942) Social insurance and allied services Cm6404 London: HMSO
Bourdieu, P. (1978) Sport and social class Social Science Information 18.6, 821–30
Department of the Environment (1975) *Sport and recreation White Paper* London
European Commission (1994) *European social policy: A way forward for the Union* Brussels: European Commission
European Foundation for the Improvement of Living and Working Conditions (1995) *For citizens and against exclusion: The role of public welfare services* Dublin: EFILWC
Goodin, R. (1996) Inclusion and exclusion *European Journal of Sociology* 37(2)
Hobcraft, J. (1998) Intergenerational and life-course transmission of social exclusion: Influences of childhood poverty, family disruption, and contact with the police. CASE paper 15, London: London School of Economics
Roberts, K. (1996) Young people, schools, sport, and government policies Sport Education and Society 1.1, 47–57

Chapter 3 Constraints on and benefits of playing sport

Coalter, F. (2001a) Realising the potential of cultural services: The case for libraries London: Local Government Association
Coalter, F. (2001b) Realising the potential of cultural services: The case for museums London: Local Government Association
Coalter, F. (2001c) Realising the potential of cultural services: The case for sport London: Local Government Association
Coalter, F. (2001d) Realising the potential of cultural services: The case for the arts London: Local Government Association
Coalter, F. (2001e) Realising the potential of cultural services: The case for urban parks, spaces and the countryside London: Local Government Association
Coalter, F. (2001f) Realising the potential of cultural services: The case for play London: Local Government Association
Coalter, F. (2001g) Realising the potential of cultural services: The case for tourism London: Local Government Association
Harland, J. et al. (nd) Attitudes to participation in the arts, heritage, broadcasting and sport: A review of recent research, unpublished report to Dept of National Heritage Slough: National Foundation for Educational Research
Health Education Authority (1999) Physical Activity and inequalities London: HEA
Sport England (1999b) The value of sport to local authorities London: SE
Sport England (1999c) The value of sport to regional development London: SE

Chapter 4 Poverty: The core of exclusion

Audit Commission (1999) The price is right London: Audit Commission
References

Department of Culture Media and Sport (1999) Sport and Arts report of Policy Action Team 10 London: DCMS
Department of the Environment Transport and the Regions (1999) Index of Local Deprivation London: DETR
Department of National Heritage (1995) Sport: Raising the game London: DNH
Galvin, A. et al. (2000) How much? A project to investigate the impact of programmes, prices and promotion on young people’s theatre attendance Sheffield: Sheffield Theatre Trust
Leicester City Council (unpublished, 1985) Leisure pass: Annual report Leicester: LCC
Leicester City Council (unpublished, 1996) Leisure Pass customer survey Leicester: LCC
Leicester City Council (unpublished, 1998) Leisure Pass report to Arts and Leisure Committee Leicester: LCC
Oxford City Council (1998) Reports on Flex Card to Leisure Services Committee 12 Jan and 1 July Oxford: OCC
PIEDA (1991) The economic significance and impact of sport in Scotland Reading: PIEDA
Social Exclusion Unit (1998) Bringing Britain together London: Cabinet Office
Social Exclusion Unit (2000a) Bridging the gap London: SEU
Social Exclusion Unit (2001a) A national strategy of neighbourhood renewal: Policy action team audit London: SEU

Chapter 5 Exclusion, education and young people’s sport
Becker, P. et al. (2000) Sport as a tool for the social integration of young people Hamburg: GOPA Consultants
Day Care Trust (2001) Thinking big: Childcare for all London: DCT
de Knop, P. et al. (1995) Towards a sound youth policy in the club European PE Review 1.1, 6–14
Department for Culture Media and Sport (1999) A sporting future for all London: DCMS
References 265

English Sports Council (1997) Local authority support for sports participation in the younger and older age groups Policy briefing London: ESC


Health Education Authority (1998) Young and active? London: HEA


Institute of Sport and Recreation Management (2000) Couch kids Information sheet 201 Melton Mowbray: ISRM


Kennett, C.R. (1997) *How can social exclusion through poverty be overcome in the Olympic movement?* unpublished paper to 5th International postgraduate seminar, Olympia


Lobo, F. (1998) Young people, employment and leisure behaviour *World Leisure and Recreation* 1.98, 4–8


Martinek, T. and Hellison, D.R. (1997) Fostering resiliency in underserved youth through physical activity *Quest* 49.1, 34–49


Nottinghamshire County Council (1993) *Proposal for the re-launch of STS Nottingham: Leisure Services Dept*

Nottinghamshire County Council (1994) *Social Need in Nottinghamshire* Nottingham: Planning and Economic Development Dept


Piachaud, D. and Sutherland, H. (2000) *How effective is the British government’s attempt to reduce child poverty?* CASE paper 38 London: London School of Economics

Sport England (2001) *Sport equity index on* <www.sportengland.co.uk> accessed 10 Aug 01
Sports Council/Coventry City Council (1989) *Active lifestyles: An evaluation of the project’s work* Coventry: CCC
Sports Council for Wales (nd) *Time out: Is PE out of time and out of resources?* Cardiff: SCW


Witt, P. (2000) *Differences between after-school programme participants and non-participants* <wwwrpts.tamu.edu/rpts/faculty/pubs/wittpub12.htm> accessed 17 July 00

Youth Charter for Sport (1998) *Youth Charter for Sport as a contributor to social regeneration* Brochure Manchester: YCS

**Chapter 6 Gender, sport and social exclusion**


References 269


North Tyneside Council (1990) *Women’s sports development* Durham: Sports Council, Northern Region


Research Unit, North West (1996) *Activities promoter for women, City of Norwich* Council Phase 2 Monitoring Report Manchester: Sports Council


West Midland Council for Sport and Recreation (1988) *A regional strategy topic study on women and sport* Birmingham: WMCSR

**Chapter 7 Exclusion and older people in sport**

Department of Social Security (nd) *Opportunity for all: Tackling poverty and social exclusion: Indicators of success* London: DSS
English Sports Council (1997) *Policy briefing: Local authorities support for sports participation in the younger and older age groups* London: ESC
References


Rodgers, H.B. (1977) Rationalising sports policy Strasbourg: Council of Europe


Chapter 8 Social exclusion and sport in a multicultural society


English Sports Council (1997b) *Working towards racial equality – a good practice guide for local authorities* London: ESC


Hylton, K. (1999) Where are the black managers? *Leisure Manager* September, 32–4


Chapter 9 Sport and disability
BSAD (1994) Short guide to the design of sports buildings London: British Sports Association for the Disabled
Collins, M.F., Randolph, L. and Sellars, C. (1994) Service to voluntary sport: Nurturing or starving the grass roots Nottingham: East Midland Council for Sport and Recreation
Countryside Agency (2000) Sense and accessibility CAX26 Cheltenham: CA


Doll-Tepper, G. et al. (1994) *The future of sport science in the Paralympic movement* Berlin: IPC


French, D. and Hainsworth, J. (2001) ‘There aren’t any buses and the swimming pool is always cold!’ Obstacles and opportunities in the provision of sport for disabled people *Managing Leisure* 6, 35–49


Institute for Leisure and Amenity Management (1997) *Disability Discrimination Act: Issues and guidelines Factsheet 97/5* Reading: ILAM


Leicester City Council (1999) *Services for disabled people* Leicester: LCC


Mowl, G. and Edwards, C. (1995 unpublished) *Leisure space and disability* paper to Recreation and the City conference Staffordshire University 8 Sep 95, Newcastle upon Tyne: University of Northumbria


Oliver, M. (1996a) *Understanding disability: From theory to practice* Basingstoke: Macmillan


Rowe, N. (2001) *The social landscape of sport: Recognising the challenge and realising the potential* paper to CRN conference Countryside recreation and social exclusion London Sept 01


Chapter 10 Sport and youth delinquency


Base Camp (1994) conference papers Ambleside

Begg, D.J. et al. (1996) Sport and delinquency: An examination of the deterrence hypothesis in a longitudinal study *British Journal of Sport Medicine* 30, 335–41


Coalter, F. (2001c) *Realising the potential of cultural services: The case for sport* London: Local Government Association


Crime Concern (no date) *Splash – A guide for scheme organisers* Swindon: Crime Concern


Kelly, F.J. and Baer, D.J. (1968) *Outward bound schools as an alternative to institutionalisation for adolescent delinquent boys* Boston: Fandel


Mays, J. (1972) *Juvenile delinquency, the family and the social group* London: Longman


Nichols, G. and Booth, P. (1999) *Programmes to reduce crime and which are supported by local authority leisure departments* Melton Mowbray: Institute for Sport and Recreation Management


Segrave, J. and Hastad, D.N. (1985) Three models of delinquency *Sociological Focus* 18.1, 1–17


Stoke on Trent City Council (1994) *Sport and recreation – towards the millennium: A strategy for leisure provision in Stoke on Trent* Stoke: STCC


**Chapter 11 Rural and urban perspectives on exclusion and sport**


Boardman, B. (1998) Travel and poverty Rural Focus 10–11


Department for Culture, Media and Sport (2001) Building on PAT10 progress report on social inclusion London: DCMS

Department of the Environment (1977) Recreation and deprivation in inner urban areas London: HMSO


Department of Transport and the Regions (2000a) *Social exclusion and the provision and availability of public transport* <www.mobility-unit.detr.gov.uk> accessed 2 Oct 00


Duffy, R. (2000) *Satisfactions and expectations: Attitudes to public services in deprived areas* CASE paper 45 London: London School of Economics


Gore, A., Dabinett, G. and Breeze, J. (1999, 2000) *The coalfields and the lottery phase 1, phase 2* Sheffield: Centre for Regional Economic and Social Research, Sheffield Hallam University


Robinson, T. (nd) The City Challenge programme in South Newcastle Newcastle on Tyne: Newcastle University
Robson, B.T. et al. (2001) Slim pickings for the cities of the north email file from author 2 Mar 01


---

**Chapter 12 Policy implementation: Stronger citizenship and communal social capital through sport?**


Church, A. et al. (2002) *Identifying social, economic and environmental outcome indicators relevant to sport* Brighton: University of Brighton

Collins, M.F. (nd) Fragmentation, stability and turnover in British sports clubs, and clubs as social capital unpublished paper Loughborough: Loughborough University


Department for Culture, Media and Sport (2001) *Building on PAT 10: Progress report on social inclusion* London: DCMS


Matarasso, F. (1998) Poverty and oysters: The social impact of local arts development in Portsmouth Stroud: Comedia
Robinson, T. (nd) The City Challenge programme in South Newcastle on Tyne: Newcastle University
References


Chapter 13 Conclusions


Clarke, G. (1998) Queering the pitch and coming out to play: Lesbians in physical education and sport *Sport, Education and Society* 3.2, 145–60


Department for Culture, Media and Sport (2001a) *Libraries, museums, galleries and archives for all: Co-operation across the sectors to tackle social exclusion* London: DCMS
References

Department for Culture, Media and Sport (2001b) *Building on PAT 10: Progress report on social inclusion* London: DCMS

Donnelly, P. (1996) Approaches to social inequality in the sociology of sport *Quest* 48, 221–42


Harland, J. et al. (nd) *Attitudes to participation in the arts, heritage, broadcasting and sport: A review of recent research*, unpublished report to the Department of National Heritage Slough: National Foundation for Educational Research


Hekma, G. (1998) ‘As long as they don’t make an issue of it’... Gay men and lesbians in organised sports in the Netherlands *Journal of Homosexuality* 35.1, 1–23

Henry, I. (2001) Postmodernism and power in urban policy: Implications for sport and cultural policy in the city *European Sport Management Quarterly* 1, 5–20


Institute of Leisure and Amenity Management (1999) *Contribution of the arts and sports to neighbourhood renewal and reducing social exclusion* Reading: ILAM


Mintel (1996a) Leisure trends *Leisure Intelligence* Jan

Mintel (1996b) The British on holiday at home *Leisure Intelligence* Feb

Mintel (1999) Adventure holidays *Leisure Intelligence* Jan

Mintel (2000a) The UK cinema market *Leisure Intelligence* Sept

Mintel (2000b) Budget holidays *Leisure Intelligence* Nov

Mintel (2001) Coach holidays *Leisure Intelligence* Jan


Rowe, N. (2001) *The social landscape of sport: Recognising the challenge and realising the potential* paper to regional conferences London: Sport England
Salvation Army/Henley Centre (1999) *The paradox of prosperity* London: Henley Centre for Forecasting
Squires, S.L. and Sparkes, A.C. (1996) *Circles of silence: Sexual identity in physical education and sport* *Sport, Education and society* 1.1, 77–101
Young Mens’ Christian Association (1999) *Contribution of the arts and sports to neighbourhood renewal and reducing social exclusion* London: YMCA