

2.2 Your Environment

The environment that we live in consists of both the “natural” environment and the “built” environment.

The “natural” environment means things like the landscape, open spaces, parklands and green spaces, public access routes, trees and woodlands, wildlife sites, countryside and farmland, coast and beaches etc.

The “built” environment means things like general building design, housing, town centres, access to a range of local facilities, heritage associated with conservation areas, listed buildings, ancient monuments, archaeological sites, historic gardens and designed landscapes of national interest/local landscapes of historic interest etc.

The main aspects of the natural environment that respondents most value are the beach/coast (38%), open spaces/scenery (26%) and green spaces, grassy areas (localised green space) (26%).

Q12 What aspects of your surrounding environment do you most value (Natural Environment)?

	Total (n:891)	Regeneration Areas (n:291)	Rest of North Ayrshire (n:600)
Beach/coast	38%	37%	38%
Open spaces/scenery	26%	25%	27%
Green spaces, grassy areas	26%	24%	26%
Countryside	17%	13%	19%
Woodlands	14%	14%	15%
Walks	8%	8%	8%
Wildlife	6%	7%	6%
Views	6%	4%	7%
Eglinton Country Park	4%	6%	3%
Farm land, fields	3%	2%	4%
Flower beds/gardens	3%	4%	3%
Hills	3%	1%	4%
Peace and calm	3%	1%	3%
Riverside	2%	4%	2%
Nothing	2%	3%	2%
Cycle Paths	2%	2%	2%
The Glen	1%	0%	1%
Holm Plantation	1%	0%	2%
Everything	1%	1%	1%

Sixty nine percent of respondents say that they currently take part in outdoor activities as a leisure pastime. This rises to 76% for respondents in the Rest of North Ayrshire and drops to 58% for those people in Regeneration Areas. Participation across the various age ranges is similar with a slight dip when looking at the responses of older people, for instance 41% of people aged 65+ years indicate that they take part in outdoor activities.

Q38 Do you currently take part in any outdoor activities as a leisure pastime?

	Total (n:1073)	Regeneration Areas (n:387)	Rest of North Ayrshire (n:686)
Yes	69%	58%	76%
No	31%	42%	24%

The most popular outdoor activity that people take part in is walking, with 70% of respondents indicating this. There is a large gap to the next activity which is cycling (20%) and then a further large gap to the third most popular activities golf at 8%.

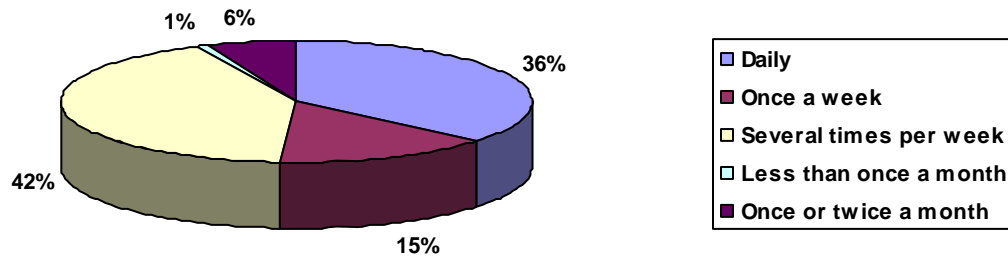
Q38a If yes, what types of outdoor activities do you take part in?

	Total (n:705)	Regeneration Areas (n:213)	Rest of North Ayrshire (n:492)
Walking	70%	72%	70%
Cycling	20%	23%	19%
Golf	10%	5%	12%
Gardening	9%	8%	10%
Bowling	7%	7%	8%
Walk dog	5%	5%	5%
Running/jogging	5%	3%	6%
Hill walking	4%	4%	5%
Swimming	3%	3%	3%
Fishing	3%	2%	4%
Sailing	2%	1%	2%
Horse riding	2%	1%	2%
Football/coaching	2%	2%	2%
Other	2%	0%	2%
Tennis	1%	0%	1%
Motor caravan	1%	1%	1%
Camping	1%	1%	0%
Motor cycling	1%	1%	1%
Keep fit	1%	0%	1%
Skiing	0%	0%	0%
Hockey	0%	0%	0%
Shooting	0%	0%	0%
Badminton	0%	0%	1%

Just over a third of respondents (36%) said that they took part in these activities on a daily basis, a further 42% indicated that they took part in these activities several times per week. We must bear in mind that the predominant outdoor activity was walking which results in this high level of activity. Other activities such as golf, running and bowling tend to be conducted once a week or less often.

Q38b If yes, how often do you take part in these activities?

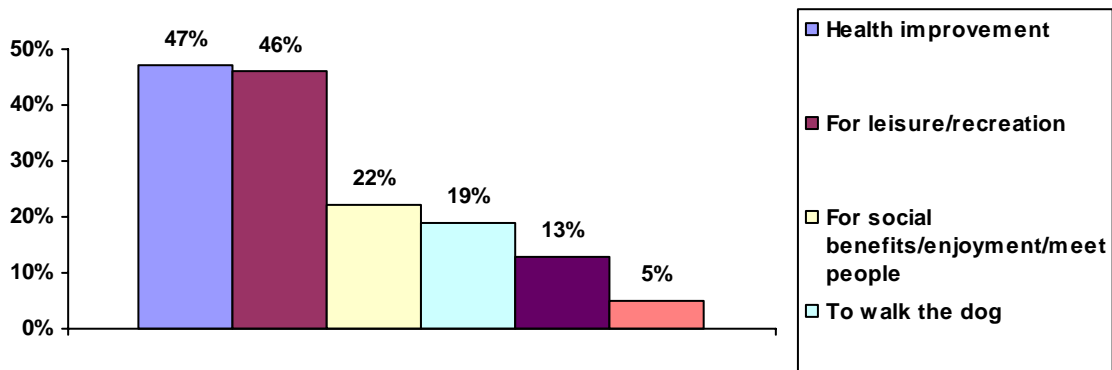
	Total (n:735)	Regeneration Areas (n:224)	Rest of North Ayrshire (n:511)
Daily	36%	35%	39%
Once a week	15%	16%	12%
Several times per week	42%	42%	40%
Less than once a month	1%	1%	2%
Once or twice a month	6%	6%	8%



The main additional reasons that respondents took part in outdoor activities were for health improvement (47%) and for leisure/recreation (46%). A further 22% of respondents said that it was for social benefits/enjoyment/meet people.

Q38d Are there any other reasons that you take part in these activities?

	Total (n:1101)	Regeneration Areas (n:395)	Rest of North Ayrshire (n:706)
Health improvement	47%	40%	51%
For leisure/recreation	46%	37%	52%
For social benefits/enjoyment/meet people	22%	18%	24%
To walk the dog	19%	17%	20%
To get to local facilities	13%	13%	13%
To travel to work	5%	6%	5%



Unsurprisingly, the biggest contributor to encouraging people to participate in outdoor activities more often was better weather (39%). This is followed by better health or fitness (29%), cheaper activities (23%) and more footpaths (22%). Two issues which are important for those people living in the Regeneration Areas are cheaper activities (28%) and someone to go with (26%).

Q39 What would encourage you to participate in outdoor activities more often?

	Total (n:1101)	Regeneration Areas (n:395)	Rest of North Ayrshire (n:706)
Better weather	39%	37%	40%
Better health or fitness	29%	32%	27%
Cheaper activities	23%	28%	20%
More footpaths	22%	19%	23%
Someone to go with	20%	26%	17%
Improved skills or confidence to do it	8%	10%	7%
Improved public transport	8%	9%	8%
Instruction in these activities	8%	8%	8%
More information	8%	9%	7%

