

# Covid-19 Response Grants 2021/22

## Grangemouth Stags Rugby Club



### Who are Grangemouth Stags?

Grangemouth Stags are a community rugby club with two senior teams, a ladies team, mini rugby and rugby tots, covering all age groups. Their facilities are extensive and include three outdoor pitches, large clubhouse and lounge, community gym and an indoor training barn with a 3G pitch. They facilitate a wide range of activities amongst community groups including rugby, walking rugby and football.



### How was the grant used?

- The grant enabled Grangemouth Stags to engage one of their coaches on a sessional basis and provide equipment for the rugby including balls, bibs, posts etc. This will help them reach out to older members of the community and encourage them to re-engage in the physical activity of walking rugby.
- NHS Cardio-Rehab group support them by using their facilities and offering walking rugby as an alternative activity for some patients.
- Initially, the walking rugby group met once a week for two hours and consisted of approximately 20 players, both male and female from 57 years to 92 years.
- Being members of the Grangemouth Community Sport Hub, they recently held meetings to discuss extending the walking rugby activity to include Bo'ness and Falkirk walking football groups and plan to use each others facilities. This will expand the choices for the members in terms of trying out the different forms of walking sport and vastly extend the social benefits of meeting new people, an important aspect for those members who are isolated and lonely. The collaboration with the Hub has also helped with access to resources for respective activities.

### What had to change due to Covid-19?

Covid-19 impacted their activities extensively and for the last two years their user groups and activities have declined, and membership lapsed significantly. Following recent lessening of restrictions, activities have restarted to revitalise their user groups and re-introduce them to physical activities, particularly in terms of gym usage and rugby. The NHS Cardio-Rehab group restarted on the 10th March alongside the walking rugby, with nine participants attending so far.



Walking Rugby



Walking Rugby

## What difference has the grant made?

- Walking rugby improved the mental and physical wellbeing of participants evidenced by the fact that during lockdown many expressed disappointment that the activity ceased and there was an eagerness to restart.
- The sessions were very enjoyable and quite competitive even though most members had no previous rugby experience.
- One of the main and perhaps unexpected benefits of the activity was the socialising afterwards. The club provided refreshments and all the members stayed on and enjoyed the company and informal chat.

“I never appreciated that I could play rugby! And make friends. It has been great, and I can't wait for it to start again”.

**(Club member)**

“The members appreciated the social aspects of the sessions and most stayed on well past the time allocated enjoying the contact”.

**(Club President)**

