

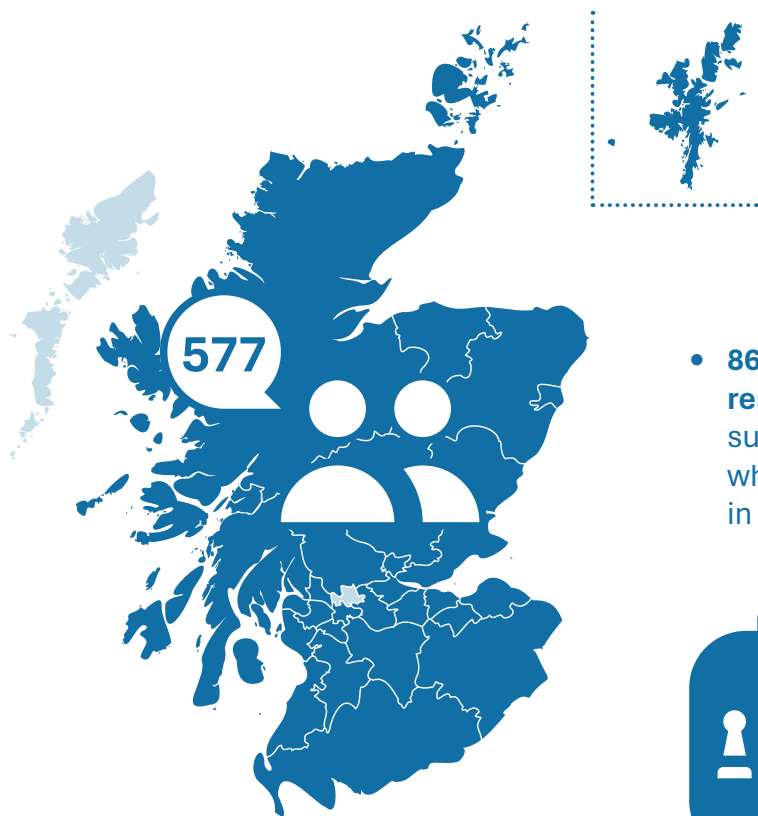
Parents and carers perspectives on children and young people's access to hobbies

January 2026



Data collection

- 577 parents and carers across Scotland engaged through online survey and focus groups
- Responses from 30 of 32 local authorities



- 86.76% of respondents in the survey had children who already took part in hobbies



Findings

- Parents and carers identified a **wide ranging variety of benefits of hobbies** including social engagement, personal development and learning, mental and physical health, fun, and prevention
- **Access to hobbies is unequal in Scotland**, with the main barriers facing participation being financial, parental, and geographical disparities
- **Inclusion must be a priority going forward** to ensure all children and young people are able to participate
- **More than 90% of respondents felt it would be a good idea for Scotland to introduce a free hobby provision model**

“My children benefit hugely from their hobbies – I would love if all children had the same opportunities”

(Survey respondent)

“I have two children, I can’t afford to spend £15 each for a weekly 30 minute swim class”

(Survey respondent)

“My daughter is desperate to do gymnastics. We’ve been on the waiting list since she went into primary 1 and she’s just gone into primary 4 and she’s still on it”

(Survey respondent)