

Radio Stations

- Radio Station Orla - Radio Orla
- Radio HejNow - Radio Heynow
- Polskie Radio Londyn - Polish Radio London
- BBC Poles Apart - A Sunday radio programme for Poles and British people alike

Other

- Poles in the North East - Polacy w North East
- PolskaChata - Polish Hut
- Polski Bristol - <http://www.polski-bristol.net/>

Most of these also provide links to more regional and local papers or websites.

For more information about partnership working with the Polish community please contact Sporting Equals on **0121 777 1375**.

For further details please contact:

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Sport & Physical Activity - Polish Community

Basic Facts:

- Poland is situated in Central Europe and joined the EU in 2004.
- The capital city is Warsaw.
- The 2004 Census showed it had a population of just over 38.6 million people.
- Poland enjoys a temperate climate, with cold, cloudy, moderately severe winters and mild summers with frequent showers and thunder showers.

Demographics:

- Over 96% of the population considers itself Polish. Other officially recognized ethnic minorities include Germans, Ukrainians, Lithuanians and Belarusians.

Immigration:

- The first really significant settlement of Poles in Britain occurred as a direct result of the Second World War. In 1945 the Polish army and Government in exile together with dependants, a total of some 150,000 people were allowed to settle in Britain.

The second major settlement of Poles to Britain came during the Communist clampdown in the 1980's and the birth of the Solidarity movement.

- Since Poland joined the EU, Worker registration figures show that between 2004 and 2008, an additional 451,433 new Poles have come to England to work. It is believed however, that this figure is only at least 50% of the total number of Poles that have arrived to live and work in Britain.

Whilst it is also believed that some are now returning to Poland due to the weak pound against other currencies, numbers of people leaving Britain are not recorded and anecdotal evidence from within the Polish community shows that new arrivals are still coming in.

- The Polish community is scattered widely across Britain. However, the most significant communities based on the Worker Registration and National Insurance figures can be found in Central London, West Yorkshire and Greater Manchester. Other major communities are in Southampton, Northamptonshire and West London.



Health:

- The Organisation for Economic Co-operation and Development (OECD) Health Data 2008 shows that in 2006, total health spending accounted for 6.2% of GDP. This was more than 2.5% lower than the OECD average of 8.9%.
- Poland also ranks below the OECD average in terms of health spending per capita.
- Life expectancy at birth in Poland stood at 75.3 years, below the OECD average of 78.9 years.
- The daily smoking rate among adults was 26.3% of the adult population in 2004, slightly above the OECD average of 23.7%, but well below the 1992 rate of 41.5%.
- The obesity rate among adults, based on self report, was 12.5% in 2004 compared to 24% in the UK. This data should be treated with caution as self reported data generally underestimates the real prevalence of obesity.
- According to representative data from research covering the whole of Poland, 8% of boys and over 7% of girls aged one to 18 are overweight, and 5% are obese, irrespective of sex.

Religion:

- The main religion is Roman Catholic but Eastern Jewish Orthodoxy and Protestantism also exist as minority religions.

Physical Activity and Sport:

- Whilst Poland has a proud sporting history, recent levels of physical activity* amongst its population have caused concerns. Research showed that most of the children aged between 11-15 years (62-72%) passed their free time passively. These percentages tended to be smaller among older youths.
- The average time spent in front of TV screen or computer display increased from slightly over two hours per day in 1996 to 2.5 hours in 2004.
- In light of this growing problem, four hours of physical education in schools, became compulsory for adolescents aged 10-16. However, not everyone participates in these classes. For example, among the youths aged 11-15 living in Warsaw, 3% of boys and 4% of girls are entirely excused from participation in physical education classes.
- 5 open access sports zones were developed in 2007 in Poznan to foster more active and healthy lifestyles amongst children.
- Whilst football is probably regarded as the most popular sport, it is closely followed by a host of other sports such as volleyball, handball, athletics and speedway. Winter sports are also very popular with ski jumping ranking highly due to the successes of Adam Małysz.
- Poland won 10 medals (3 gold, 6 silver and 1 bronze) at the recent Beijing Olympic Games in athletics, mountain biking, flatwater canoeing, rowing, weightlifting, wrestling, fencing and gymnastics.



- As a result of immigration after the Second World War, Polish communities across England have had a long time to establish themselves as well as integrate fully into English life and culture. Polish sport has therefore developed both independently of and jointly with the English structures. Polish volleyball and football clubs composed of Anglo born Poles grew up over the years and have played in English leagues across the country.

With the advent of the new wave of migrants since 2004, more clubs have developed and existing ones have gathered new blood. A prime example are some of the Polish five a side football leagues that have sprung up in London and Birmingham to name just two cities. There is also evidence from the Rugby Football Union that a significant proportion of men from the Polish community in the London Region enjoy participating in rugby.

- The recent influx of new young Poles, many of whom have played sport to a high standard in their own country also provides a great opportunity for English clubs and more importantly for some of the 'minority' sports such as handball and volleyball to attract new players and coaches to their sports.
- The Federation of Polish Sports Clubs in Great Britain (ZPKS) was founded in 1953 and whilst it now primarily focuses on organising football tournaments and leagues for Polish teams, it could, with appropriate funding and staffing, provide a new focus for the development and coordination of sport for Poles in Britain.
- Whilst young people will access sport through their school PE and sports programmes the transition to club sport may still be beyond many due to language problems and therefore clubs should look at ways and means of addressing this. Utilising the existing Anglo-Polish community could help in this regard.
- Advertising through the new Polish media in England together with over 70 Polish supplementary schools that exist in major urban areas provides new opportunities for sports development professionals and clubs.

**Journal of Public Health - Volume 16 Number 1 February 2008 entitled "Increasing recreational and leisure time physical activity in Poland – how to overcome barriers of inactivity" by Wojciech Grygas, Magdalena Kwasniewska, Dorota Kaleta and Joanna Ryszkowska-Majzel.*

Further Information:

Magazines/Newspapers

- Cooltura – Cooltura magazine (a free magazine found in all Polish shops)
- Dziennik Polski newspaper - The Polish Newspaper
- Gonicz Polski - Gonicz Magazine
- Zycie na wyspach - Life in the Islands
- Londyn magazine - E London
- Nowy Czas - New Time - The Polish Weekly
- Polish Express - Polish Express newspaper

