

# Scotland hosting first women in sport week



Caledonia Pride in action in the British Women's League, women playing sport at the top level. Picture by Nigel Duncan Media

More women and girls across Scotland are being encouraged to get involved in sport during an awareness-raising week from 1 to 8 October.

It will build on recent success stories – such as the women's national football team's qualification for its first major tournament this summer – to promote the benefits of a more active lifestyle.

A Women and Girls Advisory Board – made up of key leaders from the world of women's sport, business and media – will offer independent advice to support the Scottish Government's work.

Sport Minister Aileen Campbell said: "Research shows that sport improves health and well-being, leads to improved self-esteem and, at the elite level, gives everyone something to cheer for as our stars excel on the international stage.

"These initiatives will help us to increase female participation in all areas of Scottish sport and support our work to transform public perceptions.

"There is much to be proud of, but I am conscious that we must do more to increase sporting participation among women and girls and to build awareness around the successes we already have.

"That is why the inaugural Women and Girls in Sport Week, and the expert advisory board, are so important. Together, they

will develop and promote news ideas and approaches that will drive participation, transform perceptions, and develop the stars of the future.”