

Meeting of:	Healthy Living and Social Care Scrutiny Committee
Date of Meeting:	Tuesday, 11 February 2020
Relevant Scrutiny Committee:	Healthy Living and Social Care
Report Title:	Sports & Play: Update
Purpose of Report:	To advise on the current activities and operations of the Council's Sport & Play section
Report Owner:	Report of the Cabinet Member for Leisure, Arts and Culture
Responsible Officer:	Miles Punter - Director of Environment and Housing
Elected Member and Officer Consultation:	Accountant Environment and Housing Legal - Committee Reports Operational Manager - Accountancy Prevention & Partnership Manager
Policy Framework:	This report is within the Policy Framework and Budget.
<p>Executive Summary:</p> <ul style="list-style-type: none"> • This report provides an overview of the work of the sport and play team. It provides the committee with a detailed summary of the various initiatives the team are currently involved with and details some of the challenges the service is facing • The sport and play team make a significant contribution to the Council's well-being targets and the report provides an opportunity to share many of successful schemes that have either been completed or are on-going. • The team also works extensively with partners to get the maximum benefit from the resources available. Details about various partnerships are outlined in the report. • A short presentation will accompany the report. 	

Recommendations

1. That Committee notes the information contained within the report.
2. That a further annual report on the activities of the Councils Sport and Play Development Team be submitted to Committee.

Reasons for Recommendations

1. To note the current good work being undertaken by the Council's Sport and Play Development Team.
2. To keep committee informed of the work of the Council's Sport & Play Development Team.

1. Background

- 1.1 The council's Sport & Play Development Team is responsible for the planning, delivery and evaluation of the Council's sports development and play activities. The service is heavily dependent on external funding which also significantly dictates the work undertaken. For sports development the main funder is Sport Wales, with play receiving funding from various sources including the Welsh Government Children and Communities funding, Town & Communities Councils, S106 funding and a local Housing Association.
- 1.2 The main aim of the sports development work is to increase physical activity levels by developing sustainable opportunities in partnership with internal and external partners. Whilst there are some elements of universal provision, there is a focus on developing opportunities for targeted groups with lower participation rates. There is a focus within the play service on providing playscheme provision during schools holidays to disabled children, and also to increase opportunities for those who are disadvantaged. This focus is partly due to the criteria for the funding received. However the service is also keen to provide opportunities for all children to have access to quality play opportunities and is fostering new partnerships on a regular basis to allow this to occur.

2. Key Issues for Consideration

- 2.1 Attached at Appendix 'A' is the last annual report for sport and physical activity. The report details overarching achievements including:
 - More than 320 partners linked to the Vale Sport & Physical Activity plan.
 - A successful mix of projects that develop participation amongst the general population, and projects that have focussed on reducing inequalities – targeting groups where participation rates are lower including those experiencing mental health issues, young people experiencing wellbeing

issues, females, disabled individuals and those affected by financial or rural deprivation.

- More than 40 different sports and physical activities delivered. Flexible opportunities enabling individuals to access activity at their chosen level of entry, whether that be on an informal basis, within a structured club environment or progressing to a competitive level.
- 2142 training opportunities attended by individuals from more than 162 organisations, in addition to 255 training opportunities supported through the Community Chest scheme.

- 2.2** Attached at Appendix B is the 6 month progress for the Vale Sport & Physical Activity plan 2019 – 2020.
- 2.3** Attached at Appendix C is the Summer Sports & Play Review that details the range of play and sports initiatives that took place during the summer period. There was a successful visit to the Families First Holiday Club by Rebecca Evans, Minister for Finance and Trefnydd, whilst the Play Policy Officer for Welsh Government visited the National Play Day event.
- 2.4** Attached at Appendix D is a presentation that was delivered to the Cardiff & Vale Public Health service at their annual event which highlights how the sports and play section contribute to the ‘tackling’ inequalities agenda.
- 2.5** Sport Wales currently fund the majority of the Sports Development service in the Vale (and across Wales). They are currently undertaking a significant review of sports development across Wales as part of their national regionalisation programme. Sport Wales are seeking to move to a more regional approach that could see the service operating on the Education consortium area model. This is likely to have significant implications for the service and Officers are currently working with both Sport Wales and colleagues in other authorities to produce a service delivery model that would not disadvantage Vale of Glamorgan residents. However there are concerns that funding could be diverted to areas of deprivation within the South Central region which would have a detrimental impact on physical activity opportunities in the Vale of Glamorgan.
- 2.6** There is also uncertainty regarding long term funding for play. The service continues to work with current partners such as United Welsh Housing, Wick and Dinas Powis Community Council, and is proactively seeking to identify potential new partnership opportunities to secure future service delivery. The Team are grateful to the various organisations that contribute to the service at present.
- 2.7** A short presentation will be delivered to committee providing an overview of some of the projects the Sports & Play Development have been involved with.

3. How do proposals evidence the Five Ways of Working and contribute to our Well-being Objectives?

- 3.1** 3.1. Sports and play development work is a significant contributor to the Wellbeing Outcome of 'An Active & Healthy Vale', particularly to the objective of 'encouraging and promoting active and healthy lifestyles'. However sports and play development is cross cutting and can impact across all of the well-being goals including tackling inequalities, education / learning goals and enabling people to participate and contribute in their local communities. In delivering the actions identified in the Play Action Plan and the Vale Sport & Physical Activity plan, the Council are also contributing to the national well-being goals, in particular 'a healthier Wales'.
- 3.2** Throughout the play and sports planning and delivery process consideration is given to the five ways of working. Partnership working is an essential element to identify priority areas for development and to successfully implement the identified actions. The team work with more than 200 statutory and non-statutory organisations / groups to maximise the impact of the respective sports and play plans.
- 3.3** Participation in sport, physical activity and play has known long term preventative health and wellbeing benefits and the inclusion of play, sport and physical activity in key corporate and partnership plans highlight this contribution.
- 3.4** An integrated multi partnership approach to the development of play and sport / physical activity services in the Vale of Glamorgan is the only way in which a service can be realistically delivered within the current climate, where resources within both the voluntary and statutory sector are reducing. This continues to be the basis on which sports, physical activity and play opportunities are being developed. There are examples throughout the attached reports where internal departments and external organisations such as Town & Community Councils, and community groups have worked collaboratively with the Sports & Play Development Team to benefit sports/physical activity and play provision.
- 3.5** The Sports & Play Development team consult with existing and potential participants about future requirements through a variety of mechanisms including surveys, consultation at events and through links to partner groups/organisations. Consultation with targeted groups also take place to ensure the service delivered meets their needs and works to overcome barriers faced. Such examples include data obtained from the national School Sport Survey and through peer-led consultation. These are used to inform delivery of initiatives such as the 5x60 extra-curricular school programme where pupil voice is used to plan provision. Existing data gathered through consultation mechanisms such as S106 consultation, Community mapping consultations and the Viewpoint survey also inform planning and ensure involvement of the local community and potential / existing partners.

4. Resources and Legal Considerations

Financial

- 4.1** The local authority is heavily reliant on external funding to fund the Sports & Play Development service. Current funding sources for staffing include Sport Wales and the Welsh Government through the Children and Communities Grant. The identification of funding and opportunities to pool resources with partners is an ongoing process to ensure the delivery of the actions identified in the Sports and Play plans are achievable.
- 4.2** At present there is also a reserve of approximately £30,000 specifically for play activities. This reserve will be spend when specific needs arise or capacity allow.

Employment

- 4.3** There are no direct employment implications associated with this report.

Legal (Including Equalities)

- 4.4** There is a duty placed on the Local Authority by the Welsh Government to undertake a Play Sufficiency Assessment process via the Section 11 of the Children and Families (Wales) Measure 2010. This places a duty on local authorities to assess and secure sufficient play opportunities for children in their area. The requirements of the Play Sufficiency Assessment have been met in full and reported to this committee on 15th October 2019.

5. Background Papers

Appendix A - Vale Sport & Physical Activity Annual Report: April 2018 – March 2019

Appendix B - Vale Sport & Physical Activity 6 Month Progress Report April – September 2019

Appendix C - Summer 2019 Sports & Play Review

Appendix D - Tackling Inequalities Presentation

Vale Sport & Physical Activity Snapshot

The Benefits of the
Vale Sport and Physical Activity Plan
April 2018 – March 2019



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More Active Communities for a Healthier Future

Overarching Achievements

- More than **320** partners linked to the Vale Sport & Physical Activity plan.
- A successful mix of projects that develop participation amongst the general population, and projects that have focussed on reducing inequalities – targeting groups where participation rates are lower including those experiencing mental health issues, young people experiencing wellbeing issues, females, disabled individuals and those affected by financial or rural deprivation.
- A focus on developing an understanding of the contribution that awareness, motivation, confidence, quality of experience and inclusion has on engaging people into activity.
- More than **40** different sports and physical activities delivered. Flexible opportunities enabling individuals to access activity at their chosen level of entry, whether that be on an informal basis, within a structured club environment or progressing to a competitive level.
- **2142** training opportunities attended by individuals from more than **162** organisations, in addition to **255** training opportunities supported through the Community Chest scheme.
- More than **153,708** recorded participations directly impacted upon, in addition to tens of thousands more unrecorded.

The actions within the Vale Sport & Physical Activity Plan are positively impacting on well-being objectives contained within the Vale of Glamorgan Public Services Board Well-being plan, the Well-being of Future Generations Act and the Council's Corporate Plan, particularly around the 'Active & Healthy' wellbeing outcome.



Background and links to the Well-being Agenda

The development and implementation of the Vale Sport & Physical Activity plan is led by the Vale Council's Healthy Living Team with the support of a host of partners. There has been a successful mix of projects that promotes participation amongst the general population, and projects which target identified groups via more than 40 different sport and physical activities.

With the increasing financial pressures being faced across all sectors involved in the development and delivery of sport and physical activity it has been a challenging time. There has been reduced budgets allocated to the Healthy Living Team which has impacted on staffing infrastructure, with the equivalent of five full-time sports development staff members now in post. There has also been reduced budgets to deliver the Vale Sport and Physical Activity plan. Despite this, the Healthy Living Team continue to liaise with more than 320 partners to develop opportunities and implement the various projects contained within the plan, all of which contribute to the Vales' well-being goals, and particularly the Council's well-being outcome of 'An Active and Healthy Vale'.

There have been structural changes within the Vale of Glamorgan Council which has seen changing roles of the Officers within the Sports Development section. A corporate reshaping exercise in the local authority saw the Sports & Play Development Team merge with the Exercise Referral Team and the Community Centres Officer, to form the Healthy Living Team. The Sports Development staff roles were changed to Healthy Living Officer roles, and expanded to encompass all age ranges and development of opportunities within all settings, both community and extra-curricular school based. To enable effective use of limited staffing resources, Officers have been allocated cluster areas to work in. This includes being the point of liaison and support for schools, sports clubs and other organisations in the cluster area who are involved in the development of opportunities. The Healthy Living Officers are also each required to lead on specific projects such as the Coaches of the Future scheme, Creating Confident Coaches project and Women & Girls project.

With an aim of inspiring everyone to participate, projects have focussed on developing awareness, motivation, confidence, quality of experience and inclusive opportunities. It is essential that the sport and physical activity landscape opportunities are flexible in their offer, enabling individuals to access activity at their chosen level of entry, whether that be on an informal basis, within a structured club environment or progressing to a competitive level.



Tackling Inequalities

Aim: Reduce inequalities in participation between different groups in the Vale

The projects within the Vale Sport plan have taken into account key equality themes such as female participation, disability, socio economic deprivation and rural deprivation. Reducing inequalities in participation, and assisting target groups to overcome barriers to participation has continued to be a focus for the Vale Sport plan. Wherever appropriate, all projects seek to be inclusive. However where there has been an identified need, specific projects have been implemented to target identified groups where participation rates are low. These projects have been informed by consultation and also through local knowledge.

Achievements include:

- More than 8723 participations by more than 1662 women and girls involved in 451+ sessions as part of the Women & Girls on the Move project. 63 training opportunities and 45 new leaders trained to impact on female participations.
- 63 community clubs and sports sessions with 1251 disabled participants and 29,959 participatory opportunities.
- Vale clubs achieving insport accreditation and the Local Authority progressing towards achieving silver insport accreditation, demonstrating commitment to the inclusion of disabled people into activities.
- 213 active coaches and 105 volunteers involved in disability sport.
- 3296 participations through the 5x60 scheme at 198 sessions for Welsh speaking pupils at Ysgol Gyfun Bro Morgannwg.
- The Vale of Glamorgan Council continued their partnership with Mentor Y Fro who are delivering a programme of sports activities through the medium of Welsh in partnership with the URDD.
- The development of a Mental Wellbeing project which included 46 individuals receiving awareness training. To date there have been 273 new participants taking part in weekly activity through 149 sessions as a result of this project.
- Projects aimed at other target groups including those living in areas of deprivation, older people, those affected by rurality and social care leavers.
- 270 participants participated in the free Hot Shot sessions held across 14 different locations including local parks. Whilst these sessions were open access, they were targeted at individuals who may be affected by financial or rural deprivation.

Women & Girls on the Move Programme

This programme has been created in the Vale to increase participation rates amongst females, and narrow the gap between male and female participation. As a result more than 1662 females have participated in the activities delivered this year within extra-curricular school based provision and community based opportunities.

The 2015 School Sport Survey provided a plethora of data relating to female participation for young people in sport which has been utilised to provide a targeted programme of activities to girls over the past three years. The impact of the plans are starting to be noticed. The 2018 survey results highlighted the gap between male and female participation has halved (4% gap overall) with the biggest increase in female participation being a 10% increase in community sport participation by secondary age girls. This increase reflects the increased offer / opportunities in both extra-curricular and community clubs.

However, despite the general increase in female participation in both community and extra-curricular clubs there is a notable difference in trends between primary age and secondary age pupils in the most recent survey. Although there has been a 4% increase in extra-curricular participation by girls of primary school age and a 2% increase in community sport within this age group, and the gap has narrowed between female and male participation at primary level; there has been a decrease in overall participation. This has re-focused priorities to ensure future work is not unbalanced towards secondary age / adults only.

Nationally, the School Sport Survey highlighted a number of factors that need to be considered when developing a plan to target female participation. Some of the key variables that influence whether someone is 'hooked on sport' were confidence and enjoyment as well as influence on decision making. These factors have therefore been taken into consideration during the past year when targeting females.

During this project year, it is important to note that there has been a significant change to secondary provision within the Barry area, with the merger of two single sex schools to become two mixed comprehensives. This is particularly pertinent within the Vale as the schools encompass a large amount of economic deprivation. This change has had an impact on female participation within the 5x60 school based scheme with monitoring information showing a 50% drop in female participation since the merger of the schools in September 2018. It is evident that there has been a shift in the barriers faced in these schools, so work is on-going to ensure girls are accessing opportunities appropriate to them.

Projects within the Women & Girls on the Move programme included:

- Netball – in partnership with Welsh Netball, 25 sessions were delivered in primary schools reaching 648 participants to assist with boosting club membership; Back 2 Netball – see case study; Netball Leaders training.
- Running – see case study later in the document.
- Cycling – the Breeze Ride programme has continued to be supported through promotion and coach development costs.
- Young Leadership - Dance, Gymnastics and Netball. See case study.
- Primary schools - discussions have taken place with schools where female participation is identified as lower than in other schools. As a result girls only after-school multi-sports clubs have been set up in partnership with local sports clubs (as an exit route) and sport specific sessions targeting sports identified by girls.
- 5x60 programme – there has been a concentrated effort to increase opportunities for girls to attend activities be it through removal of barriers that have previously stopped

them or offering more opportunities. This has resulted in 206 girls only sessions impacting on over 450 girls.

- Guides Project - a group of young leaders from local Guides groups have been trained and they are now delivering sport within their unit. This is impacting on girls who may not otherwise join a traditional sports club. Events are planned throughout the next year in three cluster areas targeting girl guiding groups. These will introduce activities which guide/brownie/rainbow leaders can take back into their own units to deliver. There is also sports leadership training arranged for Rangers and older guides to facilitate them with the delivery of activities in units.
- International Women's Day – utilising International Women's Day as a mechanism to raise awareness of local opportunities and encourage participation amongst women and girls.
- Rugby – there has been developments with local girls rugby team and links made with other local clubs to arrange satellite sessions to feed into the main club.
- Football – see Barry Town United Ladies Football Club case study. Llantwit Major Football club have been supported to develop girls section. Support has been provided with equipment, coach education and club planning. The club now boasts teams from under 8's through to under 15's.
- Fit Bit Project – the Fit Bit project was initiated by Newydd Housing and will be targeting girls in areas of deprivation in two schools, encouraging them to take part in Fit Bit challenges. Local organisations (e.g. fitness classes, leisure centres) will offer access to classes in exchange for vouchers that pupils attend when they hit a target. There has also been negotiation with local fruit and veg shop where pupils can exchange vouchers for fruit/veg bags. Whilst planning has taken place, this project has been delayed due to partner staffing shortages and priorities but will progress in 2019.
- Cardiff and Vale College – work has commenced targeting girls at the Barry site of Cardiff and Vale College. Students within non sport related courses (e.g. childcare) have been surveyed to establish what and when they would like to take part in physical activity sessions. This work will carry on into next year.

Case Study: Girls on the Move
Community Based Opportunities including Workforce Development

One strand of the Girls on the Move programme has focused on creating community based opportunities. These opportunities were identified as a result of NGB partnership working, utilising local evidence and utilising School Sport Survey data. As well as the direct facilitation of opportunities targeting girls, there has also been a focus on developing a workforce to not only develop new opportunities but also expand existing opportunities.

There has been an emphasis on workforce development within specific sports such as dance, netball and gymnastics during this current year. Gymnastics and dance continue to be sports that are highlighted as having latent demand and the barrier preventing clubs developing additional opportunities was lack of an appropriately trained workforce. Therefore young leaders were identified within local clubs / organisations and supported through leadership courses. Such leadership courses has enabled clubs to expand current provision through offering additional sessions and creating more opportunities in existing sessions. This has had a considerable impact as 25 young leaders have been trained through 270 voluntary training hours and have delivered 240+ voluntary coaching hours. More than 219 participants have been directly impacted upon by these leaders with hundreds more indirectly impacted.

Support has also been offered to local clubs and organisations to secure Community Chest funding to develop additional opportunities for women and girls.

Case Study: Back 2 Netball

Back to Netball sessions were established by the Healthy Living Team working in partnership with Barry Netball Club and Welsh Netball.

The overall aim of the sessions was to re-introduce netball to adults who had played before or introduce those who had never played, with the aim of them continuing netball or increasing confidence to attend other physical activity opportunities. A block of 10 sessions were delivered which attracted 18 participants of mixed ages and abilities, with new ladies attracted each week. Although there was an inconsistent number each week due to varying reasons, it was noted that the participants liked the turn up and play–no commitment style of session. It was noted that there were many reasons participants attended including: loved netball in school, increase fitness, develop social circle. At the end of the block of sessions, participants were surveyed around confidence, perceived fitness and social opportunities. 100% of participants enjoyed the sessions and felt it was the right environment and provided social opportunities, whilst 80% felt more confident to attend other physical activity opportunities. Furthermore, 60% indicated they felt 'somewhat' or 'definitely' fitter. This highlighted that a more positive experience of physical activity / sport in an appropriate environment can affect an individual's attitude if they have previously had negative experiences.

As a result of feedback from participants, different ways were explored to continue sessions in some format including undertaking a joint session with another local Back to Netball group in a neighbouring area (half sessions in one geographical area and half in other area); continuing sessions in current format. As a result of the sessions 3 ladies have attended sessions at the local club joining a more competitive environment and a number have continued with a Back to Netball format. Feedback from the project included:

"Was made to feel welcome after feeling very anxious about going alone but realised very quickly that it was a fun and comfortable environment"

"Meeting new people and rediscovering my love of netball!"

"Getting to play netball again which was something I really enjoyed in school."



£2.50
Per session

BARRY BACK 2 NETBALL

Monday's starting 25th June (7-8pm)
at Colcot Sports Centre

Vale Sports & Play
Development
a Chwarae Y Fro

Welsh Netball
Pêl Rwydyl Cymru

These sessions are aimed at ages 16+ years and are ideal whether you are a novice, just wanting to get more active or want to get back into netball. The emphasis of sessions will be a gentle introduction to netball, having fun playing with friends....

For more information contact: Rachel Shepherd, Sports & Play Development
at Vale Council on 01446 704808 or rishepherd@valeofglamorgan.gov.uk

Case Study Mental Wellbeing Project

It is recognised that sport and physical activity has a powerful and positive effect on mental wellbeing. The benefits are endless, and include improved mood, decreased chance of depression and anxiety, and a better and more balanced lifestyle. The Mental Wellbeing project was led by the Vale's Healthy Living team in conjunction with a range of partners. 273 new participants are now taking part in weekly activity as a result of this project. To date there have been 149 sessions, with ongoing activity taking place. Elements of the project have included:

Mental Health Friendly Clubs

Three Mental Health Awareness for Sport and Physical Activity Coaches courses were facilitated by Newport Mind, with 46 people attending. These included representatives from 13 community sport clubs, 5 fitness instructors, members of the Vale's GP Referral Scheme, Legacy Leisure, Disability Sport Wales, Vale of Glamorgan Council's Play Development Team, coaches from the Vale Healthy Living Team and staff from Wales Golf and the WRU.

Those who attended the training received a wrist band and a pin badge to wear when coaching to identify to current and potential members that they have received mental health training. A kite mark has been created for clubs who have sent individuals on the course to include on their marketing materials to highlight they are mental health friendly clubs and organisations. Promotion undertaken by the Healthy Living Team also highlights those clubs that are mental health friendly, with a specific leaflet produced which has been distributed to various external groups, members of the public and Council departments to raise awareness of the opportunities available.

There are many positive examples of the benefits of this training. One example is of a fitness instructor who attended the training. She is working in partnership with Atol Y Fro, a local domestic violence and abuse organisation, to develop fitness sessions for the people who attend the group, many of whom would not have the confidence to participate in mainstream activity at this point in time.

"I completed the mental health awareness course run by Mind. Our company works within the Health & Fitness arena, we run multiple Health and Well-being workshops for companies/Charities and organisations both accredited and non-accredited in Wales and England. This course gave members of our team the chance to learn some great facts about mental health in a relaxed environment. Its added value and knowledge to our training team and I would highly recommend it".

Feedback from an individual from Forces Fitness who attended the Mental Health Awareness Course

LIFT and Tai Chi Training

The LIFT element of this project initially planned to increase physical activity amongst adults with dementia and their carers through the delivery of LIFT training to mental health nurses to enable them to deliver a seated exercise programme. However the programme was expanded to include staff from Hen Goleg Day Centre for disabled adults. There are now an average of 30 people taking part in weekly sessions at two different sites. Age Cymru provided the LIFT training and were so impressed with those who attended that they provided the course for free.

The funding initially set aside for LIFT training was re-directed to pay for a Tai Chi Instructors course. 21 hopeful instructors attended the course which included the staff from Solace and Hen Goleg. As a result 150 participants now take part in weekly Tai Chi Sessions from 7 different groups. A further 100 attended taster sessions. A representative from St Helens Primary school also attended the training who will be delivering tai chi to an additional 110+ pupils at the school.

An instructor from a local dance organisation, Motion Control, attended the tai chi training. As a result she has expanded the range of opportunities they offer and now delivers a weekly session in Rhoose, an area of the Vale where there is limited sport and physical activity opportunities available. This has proved extremely successful with 52 adults registered to attend.

The group at Solace all take part in Tai Chi or Lift once a week, which is very beneficial as a large majority of the group are over 65 and do not take part in any other type of activity. They also require the support of the nurses and instructors who attended the training. It is hoped that participation in physical activity will help the individuals to stay healthy enough to remain in their own homes. The mental health nurses who received the LIFT training also have links to a number of other groups throughout Cardiff and the Vale, so again the participation numbers will increase in the future.

Other Positive Developments

Positive links have also been made with the team at Cardiff and Vale Action for Mental Health to promote the opportunities available in the Vale. A partnership has also been made with Valeways to develop monthly walks, which are setting off from the Mind Café at Barry Train Station. 8 people attended the first walk organised and this will be built upon over the forthcoming months.

New links have been made with the Veterans group from Cardiff City's Foundation, who will be running weekly boccia sessions. They will also be directed to different clubs outside of the group.

Other elements of the project has included linking to Woody's Lodge, which is a group for ex-servicemen and their families. The aim of this element of the project is to assist the servicemen and their families to become more active. Due to the relocation of the group to a new venue within the Vale, this project has not progressed as planned, however good links have been made with the group which will help with future plans and the possibility of the group applying for a Community Chest Grant. Through this project the group has also been signposted to the Vale's Play Development team who are looking to assist the group with outdoor play family activities.



Case Study Hot Shots

Over the school holidays there were 270 participants in the free Hot Shot sessions held across 14 different locations including local parks, community centres and leisure centres. The sessions were held in targeted areas to try to attract children and young people who face financial deprivation, rural deprivation or to attract children and young people whose regular exercise is normally gained through school provision such as after school clubs and the 5x60 scheme (which is not available during school holidays). Locations included Dinas Powys, Llandough, Gladstone Gardens, Colcot, Gibbonsdown, Cowbridge, Llantwit Major, Cadoxton, Sully and Penarth. These sessions covered a variety of activities, with a focus on physical literacy skills, and were delivered by a mixture of staff from the Healthy Living team and coaches from local clubs. Feedback from the sessions include:

“The coaches were all fab and it was all very well organised”

“It was a good opportunity to meet other children from the area”

“Thanks you for organising these events. My child benefitted both physically and socially”

“My daughter really enjoys these sessions and I think they’re a great idea to keep the little ones busy whilst school is closed”

170 participants aged 5-12 accessed the pre-bookable sessions totalling 472 participations. 19 sessions were held in areas of economic deprivation and 9 in rural areas where access to provision and opportunities is limited. In addition to these, open access physical activity sessions were delivered by the Healthy Living Team in conjunction with partners such as the Play Development Team during Play Ranger sessions. Play Rangers sessions are informal sessions delivered in local open spaces in areas of need where young people can just drop in and take part for free. During these sessions the sports staff delivered sports activities, whilst the Play Development staff delivered the traditional play element. These sessions were very successful and nearly all attendees at each session participated in some type of physical activity. Another part of the Hot Shots programme involved partnership working with the Youth Service, who were running a project for Youth Offenders and young people at risk of offending. The Healthy Living Team provided a coach to deliver sports opportunities during these sessions. 100 participants took part in the 3 Play Ranger and Youth Service sessions delivered.

The Hot Shots project provided a good opportunity for the Vale’s two Gold Ambassadors to assist in the delivery of activities. They donated 42 voluntary hours to the project during which they received mentoring to further develop their knowledge and skills.



ALL SESSIONS FREE

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All sessions are 'Multi-Sport' so a range of activities will be on offer such as tennis, football, athletics, rounders and so much more...

HOT SHOTS

Barry		6-8 <small>years</small>	9-11 <small>years</small>
1st August	Holin View Leisure Centre, Slocmor Road	FULL	13:00-15:00
8th August	Gladstone Gardens, Gladstone Road	FULL	13:00-15:00
15th August	Cadoxton Sports Centre, Highfield Road	FULL	12:00-14:00
Eastern Vale		6-8 <small>years</small>	9-11 <small>years</small>
2nd August	Hebron Hall, Cross Common Road	10:00-12:00	13:00-15:00
7th August	King George V Playing Field, Llandough	10:00-12:00	13:00-15:00
14th August	Ruby Sports Club, South Road	FULL	12:00-14:00
Rural Vale		6-11 <small>years</small>	
21st July	Cowbridge Leisure Centre, Bear Fields	13:00-15:00	
8th August	Llantwit Hall, Boverton Road	13:00-15:00	
10th August	Llantwit Hall, Boverton Road	13:00-15:00	
18th August	Cowbridge Leisure Centre Bear Fields	13:00-15:00	

BOOKINGS:
sportsbookings@valeofgwent.gov.uk



Case Study
Social Services Care Leavers

The Social Services team working with care leavers aged 16-24 years have been engaging with the young people and establishing their 'wants' in terms of accessing physical activity. In partnership with Llamau a weekly football session was set up by Council Social Services with initial facility hire and equipment funded through the Vale Sport plan. The project worker from Llamau has led the sessions.

Although sessions of this nature do not necessarily impact on significant numbers of people, the actual social and physical impact is huge. Whilst most other opportunities to access physical activity have a cost, this was something that the young people could access free of charge and have familiar faces and people around them who understand their current situations. This type of activity also highlights the importance of activities that are not dependent on participants committing to a weekly session as due to circumstances surrounding the young people, these may change on a weekly basis.

Case Study
Doorstep Sports Partnerships

As the title implies, this project focused on the development of 'doorstep' activities, which means activities taking place where the young people are, rather than the young people having to go to the physical activity. There were a number of strands to the project this year, some of which are identified below which resulted in 106 participants taking part in 41 sessions accruing 706 participations.

- Llandough Youth Club / Youth Service – equipment was donated to the club which enabled 35 young people to participate in sport and physical activity in an area where there are limited opportunities.
- Barry Kicks – a young volunteer who assists at the Cardiff City Kicks sessions in Barry was supported to attend a Football Leaders Course. He is now actively involved in coaching at the sessions impacting on 36 participants.
- Llantwit Major Kicks – the Healthy Living Team placed an Activity Co-ordinator in this setting for a 10 week period to help support the current coaching volunteers. 30 young people regularly attend these sessions.
- Llantwit Major Youth Club – the Healthy Living Team provided an Activity Co-ordinator to deliver a multisport session to assist the Youth Workers with ideas for physical activity sessions.
- Youth Services – a Sport Leaders Level 2 course was organised for the Youth Service Team so they could gain more knowledge on how to run activities in their youth clubs. 10 members of staff attended the course and are now delivering activities in venues across identified areas in the Vale.



Fundamental Skills for a life in Sport

Aim: Vale residents have the skills, motivation and confidence to be physically active throughout their life, bringing the associated positive benefits to their future wellbeing and general happiness.

By mastering the basic movement skills such as running, jumping, throwing and swimming, children will hopefully develop the confidence and motivation to participate in sport and physical activity throughout their lifetime, bringing the associated positive benefits to their future wellbeing and general happiness. The Active Young People programme and the Aquatics programme both encompass projects that develop these attributes.

Active Young People (AYP) Programme

With the mission to get more children and young people more active more often, the Healthy Living Team have been working across the Vale with more than 150 partners to deliver a menu of projects including:

- * 5x60 scheme
- * Coaches of the Future
- * Junior Sport scheme
- * Girls on the Move project
- * Young Ambassadors scheme
- * Physical Literacy
- * Festivals/Competitions
- * Playmakers
- * Community sport & physical activity development

The change in Officer roles mentioned earlier in the document has resulted in Officer time being spread across more of the population, and as a result no single Officer focuses solely on the development of opportunities for children and young people. Despite this, and despite a continued reduction in funding for the AYP programme, there has been an increase in the participations within the AYP programme to more than 65,929, an increase of 11,517 when compared to the previous year. In addition to engaging the general population, there has been a focus on targeting provision to attract individuals who are not currently engaged in activity and identified groups where participation rates are low including targeting female participation, pupils identified as having an additional learning need and areas in the Vale where participation rates are low.

The Active Young People projects impact across all strands of the Vale Sport plan as highlighted in the case studies within this document. For example, this year there has been a focus on the development of young leadership both within secondary and primary schools to facilitate additional opportunities to add to, and enhance the existing extra-curricular and community based activities. The leadership work is highlighted further in the report and illustrates the positive impact on participation.



Achievements include:



5x60 School Scheme

The 5x60 programme has continued to be delivered within all 8 comprehensive schools, however there has been more focus on developing opportunities for specific groups e.g. girls, pupils with additional needs. This targeting is essential but does impact on overall participation numbers, as targeted work invariably means targeting a smaller number of harder to reach individuals. There has also been a focus on the delivery of quality opportunities, limiting the numbers that can attend a session to ensure both a high quality and safe session. The 5x60 scheme has also evolved to become a mixture of delivery through Activity Co-ordinators and external coaches (identified through school-club links). The scheme is still an essential part of sustaining and increasing participation amongst secondary age pupils as it provides opportunities to those pupils who do not attend community based provision for reasons including cost, transportation issues and lack of confidence.

Achievements include:

- Throughout the year, there have been 1457 5x60 sessions delivered in all 8 comprehensive schools resulting in 26,461 participations.
- At least 29 school-club links have been created, which included clubs visiting schools to deliver sessions and/or pupils attending community sites as part of 5x60 programme, which has resulted in pupils joining local clubs and / or additional participations.
- There are many additional opportunities offered by the schools. This in itself is very positive and therefore masks numerous extra-curricular participations that are occurring but not registered through 5x60. However, these are reflected through the School Sport Survey.

- The School Sport Survey results for 2018 highlight a 5% increase in girl's participation in extra-curricular clubs and a 10% increase in girl's participation in community sport. Furthermore, the gap between males and females participation in extra-curricular sport has narrowed. This reflects the targeted work towards engaging more females (although there is still a long way to go).
- The School Sport Survey results are informing development opportunities. For example, the results highlighted a latent demand for swimming in a cluster of secondary schools. Upon discussions with pupils, barriers to their participation were identified and subsequently a block of sessions at the appropriate time and environment were introduced which have proved popular with the pupils.
- Linking with partners such as the Cardiff & Vale Public Health Team to make effective use of local evidence data from sources such as the SHRN data and School Sport Survey to identify future priorities.
- Developments targeting identified groups have taken place including working with young people with well-being issues (see case study), female specific activities, activities targeting pupils with additional needs and a young carers project. Still in its infancy this project aims to provide appropriate opportunities to engage more young carers in physical activity through partnership working with the YMCA Young Carers project. To date young carers have been provided with information regarding the current 5x60 extra-curricular activities available and plans are being developed to incorporate sports and physical activity sessions into the youth club sessions that are targeted at young carers.

Case Study

Girls Only Club - Targeting Female Participation in the 5x60 Scheme

A girl's only club was established at a comprehensive schools where participation was low. There was a good uptake of girls attending the club with 41 participants. It was initially noticed that the consistency of attendance was varied. However, as the girl's confidence grew and they became familiar with the sessions, the ethos and staff, the attendance became consistent. This project highlighted that as the girls' confidence increased whilst attending these sessions, it provided the motivation to attend additional 5x60 sessions.



Challenges

There continues to be evolving challenges to the 5x60 scheme being delivered within schools:

- Shorter lunch breaks have an impact on lunch-time participation – this has been notable this year in one school in particular where a triple lunch has been introduced. Not only does this mean that the lunch break is shorter so reducing time for physical activity (30 - 35mins) but also that the facilities that would previously been used to deliver lunch-time sessions are being used for PE lessons.
- Schools requiring pupils to change into PE kit during short lunch-breaks limit participation.
- Although the Activity Co-ordinators have enabled Healthy Living Officers to spend more time developing community based projects, there has been an impact when compared to the previous 5x60 scheme. This reduction in activity has also been impacted by continued reduction in budgets thus limiting the amount of activities delivered. There has also been disruption with Activity Co-ordinators moving onto new roles. During this academic year, there have been 6 schools without Activity Co-ordinators for specific time periods equating to 68 weeks of impacted delivery. A large amount of this impact has been felt in the Welsh medium environment as it has proven difficult to recruit Welsh speaking Activity Co-ordinators. However, a new partnership has been formed with the Urdd Gobaith Cymru to introduce their Apprentices into the Vale's 5x60 programme.

Case Study

New Partnerships to engage with more Young People

The Vale of Glamorgan Council's Youth Services team have recently restructured to meet current demand on statutory services. As part of the restructure a new Youth Well-being team has been created. This team provides targeted projects to young people who have faced adverse childhood experiences which are significantly affecting their well-being, with the aim of offering support to increase their confidence, develop resilience and improve well-being. The Healthy Living Team have linked into two projects co-ordinated by the Youth Well-being team, namely the School Based Youth Provision and the Emojis project.

School Based Youth Provision

The school based youth mentors work with identified young people within the school environment to provide the appropriate support to the young person. The Healthy Living Team members have linked with the youth mentors for each Vale school to make them aware of the 5x60 extra-curricular provision and where appropriate they have promoted the activities to the young people they work with. This has been taken a step further in some schools, with the youth mentor using sport as a tool to engage with the young people / provide opportunities for social interaction etc. An example of this is a school where the youth mentor was working with a number of young people who had highlighted they would be interested in self-defence / martial arts classes. They subsequently approached the Healthy Living Officer at the school who arranged for a block of sessions for the young people to attend. These were successful in attracting a number of the targeted young people and throughout the block of sessions there was a notable increase in confidence. The increased confidence was also further highlighted as some of the targeted pupils later attended other extra-curricular 5x60 sessions.

The Emojis Project

The Emojis project targets primary aged children who have experienced or are currently facing adverse childhood experiences. The children are invited to attend a series of 'youth club' type sessions with youth workers. The Healthy Living team were invited to deliver a session on the benefits of physical activity. A fun and interactive session was delivered to two groups of children to highlight the importance of physical activity for mental well-being as well as social and physical benefits, to highlight local community sport and physical activity opportunities for children to take part in and for the children to try a variety of physical activities in an environment where they felt comfortable and their needs were accommodated. These were successful and were a particularly useful way of re-emphasising that 'sport' is not always in the format of formal sessions and everyone can get involved and have fun!

The Junior Sport Project & Physical Literacy

There has been positive progress made within the Junior Sport and Physical Literacy programme. Focus areas have included:

Clubs & Community

Work is taking place with local sports clubs to facilitate greater awareness around physical literacy and the important role clubs have in creating positive environments to provide opportunities, develop confidence and increase motivation. Initially, this work was promoted using the terminology 'physical literacy', however this terminology proved to be a barrier to attendance at workshops. Clubs appear to be more willing to attend a generically named workshop. Therefore clubs have been targeted and the physical literacy concept has been introduced through the delivery of training based warm-up games which develop fundamental physical competencies.

A FUNDamentals course took place in September attended by 14 individuals from 12 different clubs. This complemented the physical literacy message, focussing on developing physical skills. There was also a community Physical Literacy course organised. However, interest in this was very low so the course did not take place. Again, it was felt that terminology was a barrier for this. In light of the low interest, individual clubs are now being targeted with training being delivered within the club environment, at a time suitable to the club. This ensures all club members can attend rather than only a few available for a generic course. Two courses have already been held in local community groups reaching out to 12 individuals from Little Lions Athletics and YMCA Barry Gymnastics Club. The course was held at YMCA Barry after they identified they were keen for their young volunteers to receive training to ensure the sessions were child centred and had a positive impact on the child. It is also important particularly within the sport of gymnastics to ensure there is an understanding around physical literacy as this is an early specialism sport so many participants miss out on the opportunity to participate in other activities if they progress in this sport. The course involved the delivery of warm-up games which saw physical literacy incorporated throughout to ensure the volunteers understood the importance. This format will be replicated in the future as it has proved more successful than holding generic courses.

A local netball club have been supported to develop Netball Tots sessions and they are now awaiting NGB physical literacy training. The value of training around physical literacy has been acknowledged by the Healthy Living Team who have incorporated part of the physical literacy training into the Community Sports Leaders Level 2 course, which is accessed by all of the Coaches of the Future. This will ensure that our future coaches in the Vale have a solid knowledge around the principles and benefits of developing physical literacy.

During numerous events over the summer period such as Family Fun Days and playschemes, there has been a focus on providing activities that develop fundamental physical skills, as opposed to sport specific activities. These have been particularly popular and have engaged more than 1000 children and families. The sports development staff from the Healthy Living Team have continued to work in partnership with the Play Development team as it is recognised that play provides many opportunities to develop confidence and motivation, and is vital in promoting physical literacy and fundamental skills.



Primary Schools

48 Vale primary schools have links to the Junior Sport programme. All Vale primary schools have the opportunity to be involved in the Junior Sport programme and are able to choose the level of involvement they wish to have. This includes involvement in the Playmakers training, Bronze Sports Ambassadors scheme, Mini Disability Inclusion Training, development of school club links and involvement in the Festivals programme.

The Healthy Living Team passionately feel that in order to enthuse young children about the positive benefits of physical activity and develop their motivation, confidence and physical skills, they need to receive positive experiences in school. If they receive a fun, quality experience, children are more likely to participate in additional extra-curricular and community based activities. In response to this, two courses have been delivered via an external organisation targeting school based staff. To date 24 individuals from twenty schools and the Healthy Living Team have received support. In addition to providing a range of fun activities, elements of the training also complements aspects of the New Curriculum around e.g resilience, creativity and developing social skills. The training is having a great impact within these schools as staff become more confident delivering activity, and ultimately the pupils become more confident, motivated and physically literate. The impact of the training is having a knock on effect on the enjoyment and engagement of pupils which in turn will have an impact on extra-curricular participation. Schools have been reporting back in particular, that girls who do not normally take part in PE are now fully engaging and motivated to bring in kit etc.

“Brilliant – all my kids are loving it – even the ones who only normally want to do more football. It is nice to see them fully engaged in something they are not sure if they are good at!” I think they are enjoying not having the pressure on them from other pupils to be expected to be good – this is helping their confidence in other areas”.

“My Year 6 parents are amazed that they (pupil) are actually wanting to take in their PE kit – normally it is a battle to get some of our year 6 girls to bring in their kit but the fact that they are choosing to bring it in shows the motivation to want to take part!”

Feedback from school staff

The longer term impact of this can only be positive as the positive experiences filter through to attendances at extra-curricular clubs / community clubs etc. As a result of the positive feedback from these courses, some schools have ‘bought into’ the scheme and are paying to receive whole school training, spreading the knowledge across the school.

Under 5’s (Healthy Pre-schools and Early Years Partnership)

There has been continued work with pre-school groups, the Early Years partnership team and the Healthy Pre-schools project partners to promote and raise awareness of physical literacy and the impact that groups at this age have on the physical literacy concept. A course targeting individuals working with pre-school age children (pre-school groups, nurseries, child-minders etc) took place attended by 12 people to develop awareness around physical literacy and provide ideas for delivery of activities within pre-school settings. A representative from the Healthy Living Team has also attended Healthy Pre-schools events to ‘sell’ physical activity and physical literacy to pre-school workers. Liaison also continues with representatives from the Flying Start programme.



Festivals & Pre-Event Coaching Opportunities

3710 participations took place by primary age pupils in festivals and coaching opportunities leading up to festivals. Competitions and festivals are an important part of the Healthy Living Team's offer to primary schools in the borough. These events fulfil multi-purpose roles that include the initial engagement and retention of participants. Whilst these festivals are aimed at all abilities, there is some targeting to ensure the inclusion of disabled children and those who do not usually participate in activity. They also offer an essential platform for sports clubs and other community organisations to promote their services. 20 community clubs and National Governing Bodies were involved in the festivals and pre-event coaching opportunities included in the Active Young People programme in the Vale. These events provide mass advertisement of community based opportunities to perspective 'customers', whilst also providing an avenue for the More Able & Talented individuals and teams to progress through local, regional and national competition structures and pathways.

At primary level 45 schools took part in at least one festival during the year. This is an increase of 11% on the previous year. There has also been an increase in the total festivals attended by schools this year, with over 120 school attendances which is a significant increase from last year. This was due to having additional Quad Kid's sessions (athletics), the successful tennis festivals and the additional multi sports events. The multi-sports events have continued to have a major impact on participation at this age group with a focus on developing fundamental skills and exposing primary age pupils to new sports and clubs. These festivals have continued to be particularly successful as they have accommodated full class groups and are local to a cluster. 100% of the schools indicated that the pupils benefitted from participating in the festivals. Feedback included:

"Good entry level experience, motivated the pupils to undertake more"

"Pitched to the right level"

'Well organised and engaging activities'

'All the pupils wanted to take part in more sports'

The events also provided valuable learning opportunities for the Young Leaders, Young Ambassadors and Coaches of the Future in the Vale providing opportunities for them to utilise the knowledge and skills learnt through the training courses attended.

Playmakers and Young Ambassadors

Please see case study.



Healthy Living Team Staff Development

The Healthy Living Officers (formerly called Active Young People Officers) attended the physical literacy training delivered to school staff. This proved valuable in developing new ideas for activities and also brought a greater understanding of the curriculum and how it links to the physical literacy concept. All staff have also recently attended the International Physical Literacy Conference. Whilst feedback was mixed, this provided a platform to expand staff knowledge around physical literacy and how the concept is being developed in different settings (education and community).

Case Study

Playmakers & Bronze Young Ambassadors

The Sports Leaders Playmakers training and Bronze young Ambassadors have a particular impact on key stage 1 within primary schools.

Playmakers is a course that is increasingly recognised by primary schools as contributing to whole school and whole child development through a child centred approach. Recognised by schools as an important part of 'play' through the local play sufficiency assessment, the Playmakers facilitates peer led physical activity / play and provides a positive impact on developing physical activity opportunities. It is evident from the School Sport Survey results from the 2018 survey that key stage 1 pupils access less structured formal traditional extra-curricular physical activity than their key stage 2 counterparts. In the 2018 survey, 47% of KS1 are hooked on sport compared to their KS2 counterparts of 54% and when looking at male/female split this difference is almost identical. This lower participation is often attributed to time constraints on teachers to be able to deliver additional extra-curricular sessions. Therefore, the Playmakers provides an alternative solution to facilitate participation in sport / physical activity by the younger pupils.

The focus of this year's Playmakers plan was to target the rural Vale area of Llantwit. 9 playmakers courses have been delivered training 187 primary age pupils, resulting in 945 training hours. This has provided them with the skills and confidence to deliver physical activity games to their peers. The majority of these sessions are delivered during break and lunch times with 'Playmakers' leading groups of younger children. This has ultimately led to an additional 510 plus young people taking part in physical activity resulting in upwards of an additional 4410 participations.

Whilst the majority of schools use the Playmakers as a way to engage younger pupils with physical activity, different schools have used Playmakers in different ways. For example some schools have targeted pupils who are socially isolated or who are struggling with positive behaviour, and have used the Playmakers training as a way of boosting confidence. This is highlighted by the following feedback:

"This course is ideal. It highlights that it is not necessarily 'sporty' pupils who are the best leaders."

"This fits in with our plans for the school – we are using this scheme to facilitate pupils who are not currently engaging in activities within school"

Bronze Young Ambassadors from 20 schools received training during the summer term informing and upskilling them in potential roles they would undertake as Ambassadors. Many have been involved in delivering assemblies and undertaking organisation and promotion of extra-curricular clubs in school. Young Ambassadors in some schools have also been responsible for overseeing the schools 'Playmakers', helping with roles such as ensuring a rota is available to maximise opportunities for younger year groups. This has had a positive impact on participation amongst younger pupils.

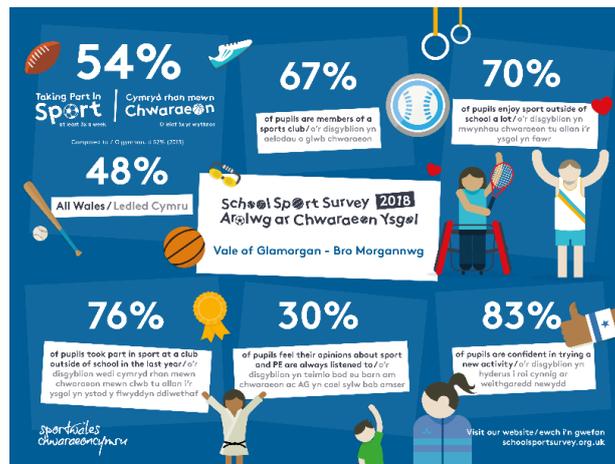
Case Study
Research and Cross Sector Partnership Working
School Sport Survey and School Health Research Network

The Healthy Living Team has been working in partnership with the Public Health Wales Health Promotion Team and representatives from the Council's School Improvement and Inclusion Team to share research data that is available regarding the participation levels of pupils in the Vale of Glamorgan.

School Sport Survey

The number of young people hooked on sport as indicated through the National School Sport Survey of 2018 was 54% (an increase from the previous survey). Healthy Living Team Officers are currently working with schools to develop action plans utilising the School Sport Survey data. Results highlighted the following key indicators:

- There was a higher increase in participation at secondary level (58% representing a 4.5% increase) compared to primary level which remained almost static (50%). Such a result may reflect the increased pressures on primary teachers that deflect their time on extra-curricular participation. It may also indicate that the AYP team could undertake some more targeted work with primary schools.
- The gap between male and female participation has halved since the 2015 survey. There was a narrowing of the gap between male and female participation in extra-curricular clubs (1% difference in 2018 compared to 3% difference in 2015). There was also a narrowing of the gap between male and female participation in community sport (1.2% difference in 2018 compared to 6.4% difference in 2015).



School Health Research Network

The School Health Research Network is a partnership between a number of key bodies (e.g Welsh Government, Public Health) and research organisations. It aims to provide robust health and well-being data. Pupils from Vale secondary schools were surveyed in the summer term across a number of different themes, one of which was physical activity (including general physical activity, active travel, sedentary behaviours). Although there were different measures used when compared to the School Sport Survey, key results for the Vale illustrate:

- 78% of pupils were active for more than 60 minutes for at least three days in the week before the survey
- 42% of pupils exercise vigorously outside of school at least four times a week.
- 11% of pupils spend 7 hours or more of their free time on a week day sitting down.

Although both surveys provided valuable results, it should be noted that participation in one survey may have been limited due to a number of surveys being active at the same time. However data from both surveys will be utilised to direct areas of development.

Case Study Squash

With support from the Healthy Living Team, Squash Wales has led on a successful project to introduce squash into 6 Vale primary and secondary schools, whilst also promoting the community club opportunities available at Barry Squash club and Cowbridge Squash club.

42 school sessions were delivered to 660 school children who have been introduced to Squash, many of whom had never heard of the game and had no understanding of how to play the game. They have all had the opportunity to try the sport and have been given information on how they can continue learning to play squash within the local community.

22 children have so far joined local clubs as a result of this project. Others are now also able to continue to enjoy squash more regularly through extra-curricular sessions delivered at their schools, and during their PE lessons as the schools were provided with equipment as part of the project. For example, Palmerston Primary school are planning to run an after-school session using the mini squash walls and are planning to meet with another primary school for a mini festival in the near future.

As part of the project, teachers from 2 schools have also gained their Squash Leaders qualification, providing them with the understanding to coach the basics of Squash within the school setting. Both teachers said the course was excellent and were looking forward to taking their Squash equipment received back to their schools to continue with squash activities. The feedback from one teacher stated:

“The course couldn’t be improved, the content, facilitator and activities were all excellent”

Four volunteers from local squash clubs were also supported to obtain their Squash Leaders qualification, increasing the coaching workforce in the area to deliver within community and school settings.



Case Study **Girls on the Move**

Analysis of the primary school data from the Schools Sport Survey identified areas within the Vale which had lower participation rates for girls than in other areas.

As a result, appropriate activities were organised on a local basis to increase girls' participation. For example, after meeting with Primary School A, it was identified that although there was an extra-curricular programme on offer, uptake by girls was very limited. After discussions with staff and pupils, it was agreed that girls only sessions would be organised. A series of six after-school sessions was therefore organised in conjunction with local clubs but delivered within the school environment. Each week a different activity was delivered by the external clubs, with a key member of school staff who the girls were comfortable with was also in attendance. It was felt that this partnership was vital, as the girls had an instant link with a local club/group.

It was evident during the progression of sessions that the girls' confidence and subsequently their motivation increased. Girls were returning each week and they were keen to learn new skills and try out a new activity, illustrating that the appropriate environment is an influencing factor in the girls' attendance. These sessions definitely assisted in developing fundamental skills which in turn also increased motivation to attend further sessions. The next stage of the project will be to invite girls to the local clubs.



Aquatics

The development and implementation of the Aquatics plan is led by Legacy Leisure. The areas of focus for 2018-2019 has been:

- To increase and develop the Learn to Swim Programme across Barry, Penarth and Llantwit Major Leisure Centres.
- To target 7 - 11 year old participation.
- Provide greater support to those experiencing barriers to participation, working with organisations to deliver more effective and efficient approaches to Aquatics.
- To enhance the 'Aquatic Pathway' - support swimmers throughout their development, to continue their swimming journey and recognise exit routes.
- Support and develop every Child by the end of Key Stage 2 to be a swimmer.
- Strive for every child to pass their National Curriculum Ysgol Nofio by end of Key Stage 2.
- Continued instructor's personal development to deliver a high quality Aquatic programme across the Vale.



Achievements include:

- 56,587 participations in general and structured free swim sessions amongst U16's, Over 60's and paid swims.
- 15,285 participations in general free swim sessions by Under 16's and 383 participations in structured sessions.
- 11,336 participations by Over 60's in general free swimming and 3437 participations in structured free swimming lessons and aqua classes.
- Working with the Healthy Living Team to increase swimming participation in children at key stage 3.
- Working with the Flying Start Team to increase family and children casual swimming.
- Working with the Vale Wellbeing Team to enrol children into swimming lessons to assist with behaviour and support.

- A strong Learn to Swim programme encompassing all age ranges. 1630 participants across 266 sessions. Swimmers are registered on the Course Pro tracking system which allows parents to track their child's progress.
- Stronger Swimmers - Teaming up with the RNLI to encourage parents to keep their children in lessons to complete all the Waves and ensure their children are strong swimmers.
- Smarter Swimmers - explaining the Swimming lesson journey from Parent and Baby/child classes to Wave 8 plus, Swimfit, Multi Aquatics and Rookies. Also showing parents that Adults can learn to swim too.
- Safer Swimmer - Education is key in swimming lessons providing swimmers with knowledge of safer swimming environments other than pools. Being a safe swimmer when on holiday, having fun with friends and family, and how to stay safe with the safe codes, flags and emergency contacts.
- Delivery of the School Learn to Swim programme - 28 schools attended with a 61% overall pass of National Curriculum from Year 3-6. Liaison with the Vale's Healthy Schools Co-ordinator who encouraged all schools to attend the Vale School Swimming programme to ensure quality of delivery and consistency.
- 19 training opportunities by swimming instructors with a focus this year on ensuring the swimming journey is right from the point of entry at pre-school through to the exit route. All swimming instructors are Level 2 qualified, with additional life-saving skills. Courses attended include Level 1 Coaching course completed by one instructor and a pre-school master class to ensure full development of under 5 swimming lessons.
- A full aquatics pathway providing opportunities from birth to adulthood.

*The School Learn to Swim details only account for April – March as opposed to academic year

Aquatics Pathway in the Vale

- Parent and baby lessons for 0 - 18mths and 19 - 36 mths
- Splash classes for 3yrs - 4yrs
- Wave Classes for children aged 4+yrs
- Competitive swimming, Rookie Lifeguards, Swim Fit, synchronized swimming, Mermaid Adventures & club swimming
- Adult swimming lessons for beginners and improvers
- Disability swimming lessons



The refurbishment of the changing rooms, particularly in both Barry, has significantly impacted on the participant numbers within all programmes, particularly the swimming lesson programme. This has subsequently had a negative financial impact for Legacy Leisure who manage the Aquatics programme. Between September and February there was a decrease of 277 swimming lesson customers.

Despite the above there has been continued developments within the Aquatics programme including the introduction of:

- Parent and Baby sessions in Llantwit Major and increased usage in Penarth Leisure Centre
- Splash sessions - swimming lessons for 3 - 4 year olds at Llantwit Major
- 1:1 lessons at Llantwit Major Leisure Centre
- 3:1 swimming lessons at Penarth for siblings with special needs and assist with parents
- Synchronized Swimming at Penarth Leisure Centre
- Mermaid Adventures into Penarth and Barry Leisure Centre during school holidays
- Partnerships with local surf life-saving clubs to assess swimmers. If swimmers are not able to swim 4 lengths (100m) as required to participate in surf lifesaving, they are recommended by the clubs to join swimming lessons across the 3 Vale sites.
- Swimmers within swimming lessons encouraged to join local swimming and surf lifesaving clubs. 14 documented movements to class with many more undocumented.
- Partnership working with Atlantic Crest to host Junior Triathlons at Penarth and Llantwit Major Leisure Centre.

Table: Swimming Lesson occupancy

	Barry	Penarth	Llantwit
% Wave 1- 3 Occupancy	68%	80%	82%
Site Occupancy % - March 2019	70%	75%	71%
Site Occupancy % - March 2018	Barry 70%	Penarth 64.4%	Llantwit 64%

Developing Vibrant Community Sport & Physical Activity Opportunities

Aim: A network of inclusive, thriving clubs and organisations to increase regular participation, which can transform people's health and wellbeing.

Aim: Accessible, affordable, attractive opportunities providing a quality experience.

Sports clubs and community organisations continue to be vital partners in increasing and sustaining community based participation in sport and physical activity in the Vale. It is recognised that participation in sport and physical activity can transform people's wellbeing and create a healthier individual but this will only be achieved if the opportunities available are easily accessible, affordable, attractive to the participants and provide a quality experience.

The delivery of time limited projects have played an important role in the initial engagement of individuals into activity. This has included the delivery of activities at Family Fun Days, playschemes and taster activities to introduce children, young people and families to activities. However it has been essential to also focus on developing sustainable opportunities in partnership with community based clubs and organisations. This has included working with existing organisations that already have strong structures to extend their provision, assisting the younger clubs/organisations and creating new ones either in identified areas of need or targeting identified groups where participation rates are low.

Achievements in this area include:

- More than 270 clubs and community organisations involved in some capacity with the Healthy Living Team.
- The level of support offered to clubs and organisations included facilitating Club Development plans, assisting with funding applications, developing school-club links, creating new sections, expanding the range of opportunities available, assisting with training, promotion of activities and information sharing.
- 60 projects across 13 Vale towns and villages received Community Chest funding totalling £68,478 covering 22 sports and physical activities – benefitting 2456 new participants and 4263 existing participants with 64 new clubs / teams / sections created.
- The creation of new and further development of existing informal sport and physical activity opportunities through projects including running, cycling and Doorstep Sport.
- The introduction of a Coaches Profile social media awareness campaign for disability sport, highlighting a number of the coaches delivering in local clubs, not only raising awareness of the coach but also awareness of the local club opportunities available.
- More than 5000 participations at Fundays, events and playscheme sessions.

There are currently more than 100 organisations registered on the Sport & Physical Activity database managed by the Healthy Living Team. This free membership provides the organisations with benefits such as free promotional opportunities, club development support, access to training, funding support and partnership links.

The Healthy Living Team work with and signpost to a variety of partners to support local organisations. These partners include the Glamorgan Voluntary Services who can provide organisational structural support and funding advice, Sport Wales and the Family Information Service who can assist with promotion of opportunities. Internally the Healthy Living Team liaise with departments including the Youth Service, Community Investment Team and Creative Rural Communities Team to share information, signpost and work jointly on the development of projects where appropriate. For example, the Healthy Living Team has worked in partnership with the Community Investment Team to promote the Vale Timebanking scheme and assist in the organisation of the Vale Sports & Timebanking Fayre. The two outcomes of the fayre was to enable clubs to recruit new volunteers, and reward and recognise applicable volunteers through the Vale's Timebanking scheme, and to increase membership of clubs and encourage people to take part in sport and physical activities. Other organisations involved in this project included Gwalia, Pobl, Family Information Service and Glamorgan Voluntary Services.

The Healthy Living Team manage the Community Chest funding stream in the Vale of Glamorgan, working in partnership with Sport Wales and community volunteers to ensure the effective awarding of funding to community organisations who want to increase participation levels and improve standards of delivery. The team have also worked in partnership with the Sport Wales Funding Team to support 2 local organisations to receive Development Grant funding. The Stand Up Paddle Boarding club is a new club established to provide community based activity for juniors and seniors whilst Barry Kyokushikai Karate Club have been supported in their relocation to permanent premises with financial support to purchase equipment. This relocation will enable the club to expand their membership base and programme offer.



Case Study
Barry Town United Ladies Football Club

Through the Vale Sport & Physical Activity plan Barry Town United Ladies Football Club has been supported to increase female club membership. The project has seen the club significantly strengthen their membership, particularly within the mini female age groups with new teams in place at Under 8, Under 9 and Under 10 age groups. They now have more mini players than ever before, with their mini membership more than doubling in the last 12 months. They currently have just over 50 female players participating on a weekly basis in their Under 8, Under 9, Under 10 and Under 11 teams. This has been achieved through a variety of ways including increasing access to fun opportunities through the organisation of school festivals and a schools outreach programme.

As part of the Schools Outreach project they have delivered 16 outreach sessions at schools accruing 163 attendances. A further 8 sessions are also planned. Primary and secondary festivals are planned for May 2019 to provide a fun introduction to football festivals.

The club has benefitted from increasing its coaching workforce, in addition to up-skilling several of their existing coaches to improve the standards of coaching at the club. They have introduced more female coaches into their setup which has provided excellent role models for the junior players. As a result of this project there have been 5 individuals attaining their FAW Leaders award, 1 attain their C licence, 1 attain the UEFA B licence, 5 attend a First Aid course and 5 attend Safeguarding training. These have further strengthened the club's quality of delivery ensuring that their players receive high quality training to enhance their development.

Case Study
Gymnastics

Led by YMCA Barry, outreach extra-curricular sessions have taken place at St Athan Primary School and Rhws Primary School to give children in those areas the opportunity to access gymnastics. These are areas with limited activity opportunities. 71 children accessed these sessions and are now aware of the community based opportunities available.

As part of this project a new Teen class was introduced at the centre and is now a very popular part of the YMCA Barry timetable. The class has been designed for older gymnasts who may not want to compete seriously anymore but want to stay fit, or those older recreational gymnasts who want a sociable class without any younger children. This class has been one of the most beneficial aspects of this project as they have found this class to be an important way of retaining the older gymnasts, who enjoy the class as they have a certain amount of freedom over what they are learning as opposed to the more structured recreational sessions. To date 65 teenagers have accessed this class. Adult gymnastics/fitness class have also been delivered, helping adults to experience gymnastics and get fit in a fun and challenging way. 37 adults accessed these sessions.

In terms of the expanding the knowledge of the workforce, the club have sent 3 coaches on a judging course which will give more children the opportunity to compete at their own level from grass-root to elite level. 1 coach has also attended a Level 2 General Gymnastics Award which has helped build capacity for the recreational section. As a result of this project there have been an additional 165 participants accruing at least 1492 participations.

Case Study Time 4 Tennis Project

Led by the Vale Tennis Academy, this project aims to increase the number of 5-7yr olds that make "Time 4 Tennis", making tennis more accessible by:

- delivering quality tennis courses on the "door-step".
- establishing introductory afterschool tennis courses that target 5 - 7yr olds.
- delivering follow-on courses from the after school clubs at the nearest local tennis courts.
- signposting children that wish to progress further to "feeder" courses at their nearest tennis club

Whilst the project is still developing there has already been a positive impact on participation rates. 1260 participants have taken part in school taster sessions held at 11 schools to date. These have been selected as they are close to local tennis courts, although the area is being widened to encompass more schools. There have been 211 participants, undertaking 844 participations in the 44 sessions delivered as part of the 4 week afterschool clubs, averaging 19 participants per session. The follow on sessions at the clubs are at the early stage of development however there has already been 12 sessions delivered attended by 16 participations, accruing 96 participations so far.

The project has been delivered in 3 types of location:

- Schools - tasters and afterschool clubs were delivered in the hall or yard.
- Local Parks - follow-on sessions were offered in local park courts.
- Local Tennis clubs - follow-on sessions were offered in local tennis clubs that could be accessed. One after school club was actually ran in the local club and a walking bus was set-up so the children could get there, which worked very well.

A further 4 schools are lined up to receive in school tasters, after school club and then filter into a follow-on course at their nearest courts. Existing schools have also asked for the sessions to be opened up to a wider age range within their school. Feedback highlighting the impact of the project includes:

"Your sessions have made a big impact, I've already counted over 20 pupils dressed as tennis players for our world of sport theme" - Dept Head Albert Primary on Immersion day.

"The walking bus to the club and the online booking process has been a really convenient way for the school and the parents to get their child into sport. If possible, we would like to continue and open it up to other year groups" - Dept Head Albert Primary on the After-school club

"The children and parents have found this to be a great opportunity. There is so little in terms of sport that is affordable that they can easily travel to" - Y1 teacher, Cadoxton Primary

"My son is currently doing the after school tennis club at Cadoxton Primary on a Tuesday, he is in year 1 he has said that he would like to try Tennis. Do you offer clubs outside of school?" - Parent asking for further sessions

"That's great news you've had many take up the sessions with you outside of school. Definitely interested in you coming in to do more sessions after Christmas. Would we be able to open it up to older or would you want to include the children who missed out this time and are on your waiting list?" - PE Coordinator, Llandough Primary

To assist with increasing the workforce available to deliver within this project a coach will shortly be attending their Level 2 course and another coach has also attended their first aid training. Further course attendances are planned.

Case Study – Badminton **Developing the Full Participation Pathway**

The Badminton project has been led by Badminton Wales with support from the Healthy Living Team. Badminton in the Vale has grown extremely fast. It has encompassed developments across the participation pathway, engaging young people, females and disabled children. Clubs have added extra sessions to cope with the demand and from this growth the satellite centre has formed. The satellite centre is a great addition to the badminton structure in the Vale as it is stepping stone from the clubs to the regional academy. Achievements in the badminton plan include:

School Based Developments - Shuttle Time continues to be delivered in schools in the Vale with 225 participants in 83 sessions at Ysgol Y Deri Special School, Jenner Park, St Cyres, Stanwell, Ysgol y Ddraig, St Richard Gwyn, Palmerston and Llansannor. All participating schools received equipment which will allow them to continue delivering the shuttle time sessions. A disability festival was also organised for pupils with additional needs. Feedback regarding Shuttle Time has been encouraging including:

“they were able to use the lesson plans provided in the initiative to deliver fun activities which suited the needs of their children. The equipment provided was invaluable as it made the activities accessible, the fluff balls are great and are bright and colourful which help our visually impaired children”.

Club Developments - The club development work that has taken place over the past two years as part of the Vale Sport plan is becoming evident. Continued support is offered to community clubs. Cogan Bears community club in Penarth are now well established with 6 weekly junior sessions delivered, providing opportunities for all ability levels encompassing sessions such as Teenage Badminton, Junior Club, afterschool club and Match play practice. The club are part of the Cardiff and Vale Junior league and the players feed into the Satellite Centre.

Barry Juniors are in their second season and are going from strength to strength. The Shuttle Time initiative has been a great addition to the club as it has engaged with over 20 new regular participants who feed into the club from the sessions delivered in the schools, which include All Saints Primary, Colcot Primary, Jenner Park and St Richard Gwyn.

Cardiff & Vale Satellite Centre - The Cardiff & Vale Satellite Centre was successfully established in 2018 and has provided a pathway for intermediate to advanced local club juniors to access regular structured badminton training sessions. There are 29 regular attendees from a range of local junior badminton clubs aged 8–15 attending the centre. The Satellite Centre sessions have proved to be very popular and the players have greatly improved their skills and performance levels. Some have gone on to win medals at top tier junior tournaments held in Wales. The coaches in the satellite centre are being mentored by the regional academy coaches to ensure a streamlined approach within the pathway. A parent of a child attending the satellite centre said:

“It’s great having the satellite centre in the Vale of Glamorgan. Usually to access coaching of this standard you have to travel to other local authorities which impacts on our family life as I am single parent of 3 children and getting them all to their different sporting activities is challenging, But now having the centre in the Vale means that my son can have all the coaching he needs right on his door step”.

Summer Programme - During the summer period, badminton taster sessions were included in outdoor park events, which provide opportunities to promote local clubs and give children the opportunity to try a new sport. More than 200 children and their families participated.

Competitive Opportunities - The Cardiff and Vale junior league has been very successful with 64 participants. The league has a new format which is now ability driven rather than age driven. It is now an under 17s junior league and includes divisions which will allow for more players to play more regularly which will help raise the standards.

Shuttle Time competitions took place as a partnership with the 5x60 scheme, with 60 participants. The winning teams progressed to the South Wales Finals. Badminton was also included in the 5 multi sports festivals organised as part of the Active Young People programme, which proved to be an ideal opportunity to promote shuttle time and engage with new young players.

Case Study Vale Vipers Basketball Club

Vale Vipers is a basketball club with sites in Cowbridge Comprehensive and Cadoxton Primary School. The club caters for boys and girls aged between 8–18. The club originated from a Basketball Development Centre that was set up in the Vale by the Healthy Living Team in conjunction with a local basketball coach Andy Lefley. With the support of Community Chest funding, Andy has progressed this into a community club that has gradually developed to encompass opportunities including a minis section and a girls section.

The vision of the club is to engage with the young people, providing them with a positive and educational experience in sport. The club programme offers young people of all levels a high level of competition while developing fundamental basketball skills. Player development is stressed and disciplined, team-oriented play is emphasised. Practice time and advanced training are provided to enhance the skills of each player with the end goal being to make them a better player. This is made possible by the dedicated team of coaches and volunteers. All of this development has been assisted by Community Chest funding which has supported areas such as coach and leadership training, venue hire and equipment.

Andy Lefley, is the Head Coach driving the opportunities at the club. He said:

“The club has benefited significantly due to the support from the Vale of Glamorgan Healthy Living team, particularly the partnerships that have been formed. These partnerships have allowed the club to expand in numbers of participants, expand the number of sessions, engage more girls in sport and upskill volunteers in qualifications. The team has supported all the community chest applications which have been aimed at addressing the above items. The team of officers who work in the department are excellent in their support for the growth of grassroots sport and physical activity”.

It is hoped the club continues to work in partnership with the Healthy Living Team and the two organisations can benefit from the joined up thinking around how the growth of grassroots sport and physical activity should be.



Informal Sport and Physical Activity

Whilst there are numerous opportunities for Vale residents to participate in formal activities, many residents do not have the confidence, desire or financial means to join a club or take part in structured activity. Therefore the Healthy Living Team has worked with a variety of community organisations, clubs and internal Council departments to develop and promote more informal and accessible activities, which have been having a positive impact on engaging new individuals and developing more regular participation. There has also been increased opportunities for children, young people and families to ‘try out’ sport and physical activities in an informal environment in the hope it will inspire future participation.

These opportunities aim to maximise usage of the Vale’s natural resources and community facilities. There has been a focus on increasing access for participants in identified areas of economic disadvantage in addition to areas which suffer from rural deprivation. Examples of projects include the Hot Shots project, the cycling and running projects and Doorstep Sport project. Support has also been provided to projects including the Kicks Football project, the Bike Club in Gibbonsdown, the Junior Parkrun in Barry and local running groups to expand opportunities. Another example includes the Walking Football project which was initiated in the last reporting period. This has now developed into a sustainable weekly club. Initial sessions were set up by the Healthy Living Team, led by one of their coaches and took place at a local leisure centre. This session ran at the same time as a leisure centre led initiative ‘Healthy Hearts.’ After the initial sessions, a partnership was developed with the leisure centre where the sessions were incorporated into the Healthy Hearts sessions as a regular activity. Further walking football developments are taking place with the Healthy Living Team supporting a local volunteer to further develop walking football activities that he initiated in Barry. These sessions are becoming increasingly popular and are attracting individuals who are no longer able to participate in the full game of football, as well as those new to activity.

Case Study **Running – Cowbridge Moovers**

There have been a number of projects aimed at developing new opportunities for running this year as a way of promoting more informal socially based activity. Originally, part of the running project was to start new Couch 2 5k runs. However, upon discussions with local social running groups it was highlighted that they were starting to incorporate this into social groups. This project therefore focused on up skilling leaders to assist local community groups, as well as creating Cowbridge Moovers, a new social running group in Cowbridge.

During mapping for this project, Cowbridge was identified as a geographical area not benefiting from a social running group. It was also noticed that there were numerous requests on social media to find out where the nearest running group was, predominantly from females. Therefore, the Healthy Living Team initiated a partnership with Run Wales. A community meeting was set up for anyone interested in a local group led by the Healthy Living Team and community activator from Run Wales. 12 people attended this initial meeting and support for development of a local social running group was established. During this initial meeting there were also discussions around how to take the group forward and examples of other groups who have set up. During this meeting there was also a key individual identified as a potential key driver and ultimately became the contact at initial sessions who would chat with new people, encourage word to spread, start to co-ordinate behind the scenes with the support of Healthy Living Team, setting up social media and identifying other key people to become involved in the group.

It was felt that it was important to continue with the enthusiasm of the group and therefore to facilitate the start of activity as soon as possible. Within 3 weeks, a run leader was identified to lead an initial block of 10 week sessions and sessions were promoted via local sources. Despite the sessions being initiated at the start of winter the initial turnout was fantastic and continued to grow during the

initial sessions. Safety equipment such as hi-vis vests and torches were purchased to facilitate safe sessions and individuals were highlighting that they were attending sessions as they felt safer to be part of a group during the winter months. The run leader was essential in providing the leader figure / advice for new runners. The leader also started to take on a mentoring role for other potential leaders assisting with areas such as route planning and risk assessing routes.

In order to facilitate the sustained activity of the group, there was a core group of volunteers identified to assist with leading sessions and who now form part of the core team. A Leadership in Running Fitness (LiRF) course was arranged by the Healthy Living Team which was delivered through Run Wales with 9 individuals from this project attending. A further 11 individuals from 3 other local running groups also attended the course to facilitate more opportunities within their own groups. A group of individuals from Cowbridge Moovers have also attended first aid training. These run leaders are now running 3 sessions per week between them with an ever growing group.

Throughout this process, the core group have established rotas for leading sessions, organised group kit and encouraged / informed / linked into local and national timed runs (e.g. Park Runs, 10 k runs). Despite the initial thoughts of this group being established as women's only, it was clear from the start that people preferred a mixed group. **There are now 118 runners registered** with an average of 25 - 35 runners per session.

After the initial 10 weeks block, 76% indicated they felt fitter and 86% were more confident to attend other physical activities. Ultimately, this group has shown that for many individuals, a formal sports club is not always appropriate. There are many individuals who do not want to commit to annual membership fees, set training plans etc but instead thrive through groups such as this. Alongside the obvious health benefits, there has been a major impact on social interaction as highlighted by the comments from participants about the social aspect of group which include.

"A massive thank you from me for setting up the group. Joining the moovers has opened up my world socially. I have enjoyed getting to meet new people. Chatty runs are a great way to socialise. It always feels good to be part of such a positive support group and have run leaders to encourage, support and guide you. For me, it helps create the balance away from some negatives in working life. Physically I am getting fitter and it is always good in maintaining a healthy lifestyle. Mentally running and socialising gives me the feel good factor and always lifts my spirits if I am having a bad day. I look forward to running days and now miss it when I can't make it. Prior to running, I was on my own which was isolating".

"The Moovers has helped me get back into activity after an injury. I'd completely lost my confidence but since joining the club my confidence has returned and now running twice a week have lost ½ a stone! The social aspect of the club is great benefit, meeting new friends of all ages and abilities has been wonderful. I always thought clubs were for the super-fit – how wrong I was! All the run leaders are so welcoming and encouraging to all abilities, so I look forward to meeting up with the club and miss it if I can't be there. It's benefited me physically, mentally and socially".

"Joining Cowbridge Moovers has had such a positive effect on my confidence and health. I didn't ever consider a runner so when Geraldine explained the simple premise behind the group (walk, jog or run at your own pace) so that you can chat with fellow Moovers I thought I'd give it a try! As I am not getting any younger! I was nervous in first night but needn't have worried as everyone was so welcoming. The sessions are structured so I have never felt under pressure to do too much. When I am out of breath I can walk and someone will walk with me. In a short space of time I see myself differently. I walk taller, watch my diet and I feel stronger – I am even asking for proper running trainers for my 54th birthday! I have been so impressed that I have spread the word to my work colleagues and they have felt the same – welcomed, supported, stronger and ... fitter!"

*"Breaking the ice into the world of running. Now running twice a week and swimming once a week. Socialising with others in a really nice and relaxed club environment.
I know running can get easier with practice now. I have experienced the elation of running for an hour.
This has improved my mental health".*



"I have made so many more new friends since joining the Moovers that I had in the twice years since I moved back to the area. Our run leader training has enabled us to change the way we feel. The feel of the club with our chatty running approach and our numbers are steadily increasing as a result. Thanks for all your support and involvement in setting up the group".

Cowbridge Moovers are incredibly welcoming and encourage you with every step. The run leaders are fantastic and diligent and it is a fantastic local initiative”

“Running with the Cowbridge Moovers has improved my running, given me new friends and invaluable help From the run leaders – I am so glad I joined!”

“The benefit is that I’m fitter and have a more positive outlook. I enjoy the variety Joey includes in the sessions.

Joey and all of the team have been so amazing...the help from the healthy living team too has been unbelievable”



Case Study **Triathlon – Open Water Project**

This project is led by local organisation Atlantic Crest with support from the Healthy Living Team and Welsh Triathlon where required. The organisation has been provided with support from Vale Sport plan funding to purchase equipment, training and organisation of events to benefit the following project achievements:

- The organisation of the Barry Island Swim event, with more than 90 registered participants
- Providing water safety for the SWYD Triathlon in Barry, which had over 250 participants.
- Developing a series of Go Tri aquathlon events for children and young people aged 7 – 15 years. The events will take place between June - Nov 2019 at Atlantic College, Llantwit Major and Penarth. There is an aim of approximately 50 participants at each event with the participants to include a mix of existing and new participants.
- Supported the delivery of the RLSS UK National Water Safety Management Programme to 12 active water safety people who have all supported water based events, plus an additional 7 members of Whitmore Bay SLSC in the Aquatic Safety Management award. These individuals support the running of WBSLSC, which has 90 youth members aged 7-18 and have helped support water events.



Case Study Cycling

Cycling development has been focused on the following areas:

Community Based Developments - Barry Bike Club - As a result of pooling funding between three partners (the Healthy Living Team and two Housing Associations – Vale Housing & Newydd Housing), Barry Bike Club was re-established at the start of the new financial year. The bike club, led by Pedal Power is run in Gibbonsdown, an area included on the index of multiple deprivation. The club has been very successful in attracting participants from the targeted area with 53 young people registered and an average of 35 participants per week over the 2 weekly sessions delivered. Bikes are held centrally for participants to access and this has proved invaluable due to the high number of participants who do not own bikes.

Club Development - There have been ongoing developments with the local cycling club, Wenvoe Wheelers who are continuing to develop and expand their membership, including female membership. They are also pro-active in developing local events to recruit new members and support has been provided to ensure all ride leaders are first aid trained.

Female Participation - There has been continued promotion with the Breeze Cycle Rides programme with three local Ambassadors leading rides from the Vale. These rides have now been expanded to include rides from the rural Vale. Two local ride leaders have been funded to attend their Level 1 British Cycling qualifications alongside first aid courses to facilitate safe rides.

School Based Extra-Curricular Development - As a result of a whole school Sport Relief run, bike and swim supported by Welsh Cycling, there have been weekly extra-curricular cycling sessions held at two comprehensive schools over a four week period attended by 56 young people. These sessions were delivered by Welsh Cycling and focused on the development of bike handling and cycling skills etc. The sessions led into a triathlon organised at both schools which had mixed successes. The sessions highlighted that access to bikes would be a limiting factor for sustained participation outside the extra-curricular setting for some individuals.

The benefits of the cycling projects have been far reaching. The Bike Club has not only enabled accessible physical activity opportunities and skill development, but also encouraged young people to use their local parks and encourage more sustainable transport to e.g. school.



Case Study Developing Dance Leaders & Dance Activity for Over 50's

Local community organisation Motion Control Dance has recognised that dance is one of the more popular physical activities for teenagers and they have used this popularity to develop leadership skills amongst young people aged 11 – 16years. The Sport Leaders UK Level 1 & 2 Dance Qualifications were delivered to 16 young people and has been a successful tool to improve the physical health & wellbeing of the students.

The Dance Leaders have become advocates for leadership and help engage their peers and younger students in extra-curricular clubs and within community sessions. All dance leaders completed at least 50 hours each volunteering their services to achieve their qualifications and are continuing to do so. Feedback included:

"Thank you for doing this course it helps me with my confidence and becoming a young leader"

"I liked the way that we were all made to feel comfortable and grew in confidence"

Motion Control Dance also ran a successful 6 week creative dance taster programme for Over 50's. Dance is therapeutic and a fantastic way to maintain positive mental and physical health. It is also a great way of having fun, keeping fit and socialising. The pilot project helped explore a range of movement and expression that participants felt they had lost and the motivation for the sessions were simply to remain supple and have a good time. 8 ladies aged 60 – 77 years participated in the pilot and enjoyed the sessions so much that the sessions have now been added to the Motion Control weekly programme. Feedback for the Over 50s session include:

"After finishing working, I felt like "what was I going to do now?" I received a phone call about a new dance class and since joining I feel more energetic and have some purpose in life once again".

"You lose your inhibitions and it stimulates your imagination".

"I would like to say how much I enjoy your creative dance sessions. I find the warming up section at the beginning invigorating. It's only a short session of easy movements but it brings my body back to life. For me, having to build up a routine by remembering sets of sequences, stirring the 'grey cells' as it were, is truly helping me on a daily basis"

Leisure Centres

The Council's Leisure Management Contract has continued to provide a quality service to both residents and visitors. Usage across the sites again increased in part due to a number of new developments that were introduced during the year. These included a new interactive fitness area at Cowbridge Leisure Centre, Virtual Classes at all sites, new family and teen sessions, and targeted marketing campaigns. In addition, work to upgrade the changing rooms at the main sites is well advanced with new changing villages due to open in Barry and Penarth during summer 2019.

Supporting Elite Performers

The Vale of Glamorgan Council and Legacy Leisure continue to support elite performers through the Sports Academy Scheme by providing 10 international standard sports performers with free use of appropriate Vale leisure facilities to help with their training needs. There are a large number of high performance athletes in the Vale so it was a difficult decision for the selection panel to choose only 10 individuals. As per the eligibility criteria, all members are Welsh or Great Britain Internationals.

A Knowledgeable and Motivated Sporting Workforce

Aim: Develop a skilled and confident voluntary and paid workforce to deliver engaging, inclusive, fun opportunities.

The development of a knowledgeable and motivated sporting workforce is an overarching theme across all of the projects in the Vale Sport & Physical Activity Plan. The 'workforce' encompasses a range of paid and voluntary roles, including coaches, referees, club administrators, committee members and Sports Development Officers, all of whom play their part in ensuring the successful development and delivery of sustainable sports and physical activity opportunities.

Training and mentoring has been organised and delivered by, and to a variety of partners as part of the plan, with partners such as the Healthy Living Team, National Governing Bodies of Sport, uniformed groups and early years partners, to ensure a cohesive approach to the development of opportunities and maximisation of the limited resources available.

The development of young leaders is a focal part of the Workforce Development plan to develop a pool of future coaches and volunteers to ensure succession planning within the various projects and community clubs/organisations. The Healthy Living Team has a thriving volunteer programme consisting of a number of strands such as Young Ambassadors, Coaches of the Future and Play Makers. This suite of leadership opportunities are available from Year 5 upwards and consist of a range of Sports Leaders UK, Sportscoach UK and NGB accredited awards, as well as informal mentoring and other learning and development opportunities.

Achievements include:

- 2142 training opportunities attended by individuals from more than 162 organisations.
- 196 course attendances by individuals from 48 organisations as part of the Creating Confident Coaches project.
- 13 young people were selected onto the Coaches of the Future scheme where they delivered activity to 585 participants, who accrued 9414 participations. They attended 39 training opportunities and have volunteered over 1377 hours. They have also received ongoing mentoring and support.
- 187 year 5/6 volunteers trained as Playmakers, impacting on participation of more than 520 young children in over 442 sessions, amassing 4890+ participations.
- 85 training opportunities through the Young Ambassadors scheme in addition to mentoring opportunities. This has impacted on 6363 participations.
- 255 training opportunities supported through the Community Chest scheme.
- As part of the Vale's drive to promote inclusion, 1203 primary age children and 13 Coaches of the Future have attended Mini Disability Inclusion training, 15 community volunteers have attended Disability Inclusion training and 46 community volunteers, leisure staff and NGB staff have attended Mental Health Awareness training.
- More training opportunities delivered through the additional funded projects such as: 16 young people attending Level 1 & 2 Dance Leaders, 17 people upskilled through the Girls Football project, 4 attending Squash training, 19 trained in the Triathlon project, 2 in the tennis project and 6 in the gymnastics project.

Table 1: Volunteer Training Statistics Directly Delivered by AYP team

	No. of sessions	No. of voluntary hrs	No. of participants impacted upon	No. of participants impacted upon	No. of training participants	No. of training hrs	Number Orgs Impacted	No of Training Courses
Bronze Ambassadors	183	192	477	3571	36	180	17	1
Silver Ambassadors	110	110	1369	2792	49	192	8	3
Coaches of the Future	630	1010	585	8604	39	367	8	15
Playmakers	442	259	544	4890	172	945	13	13
Sports Leaders	62	65	508	989	32	192	9	2
Physical Literacy	45	60	78	564	24	24	36	4
Other Leaders (Under 18)	137	240	219	1658	104	437	10	13
Other Leaders (Over 18)	251	132	249	1176	77	529	15	7
Mini DIT			1203		1203	1203	14	20
Total	1860	2068	5232	24244	1724	4069	130	80

Case Study
Creating Confident Coaches Project

This project has engaged 48 local community clubs / organisations to develop the knowledge of their coaches and volunteers in a quality-learning environment. A programme of 14 courses was designed, based on demand identified by local organisations.

196 people attended courses including Safeguarding & Protecting Children, First Aid, Understanding Physical Literacy and Fundamentals of Movement. These individuals hold a variety of roles including young leaders, club chairmen, coaches, club secretary and also NGB representatives and youth workers. Representatives from clubs across the Vale of Glamorgan attended.

Feedback from the attendees was positive, highlighting they have been able to transfer the knowledge gained into their own clubs and make a positive impact on participants. 90% felt the courses had been very beneficial to them.

'Tutor was engaging and made a difficult subject interesting'

'Insightful and engaging course'

'Brilliant variety of courses on offer from the Vale'



Case Study Young Ambassadors

The Young Ambassadors project enables participants in year 5 and above to inspire and encourage their peers to take part in physical activity, acting as role models within their schools. Through delivering activities they have increased their confidence and developed their leadership skills, as well as learnt to work co-operatively.

The project has successfully involved 17 primary and 7 secondary schools throughout the Vale of Glamorgan, resulting in the training of 36 Bronze Young Ambassadors (year 5&6 pupils) and 16 Silver Young Ambassadors (year 9 pupils). The Silver Young Ambassadors have received training including Shuttle Time Badminton training, press release training and Mini Disability Inclusion Training. They have successfully been running sessions since applying to become Silver Young Ambassadors. In addition to the promotion of, and advocating the benefits of participating in physical activity within their schools, they have contributed to the delivering of physical activity in secondary and primary sessions. Case studies include:

- An Ambassador at Pencoedre High running a 'Shuttle Time' badminton club, successfully encouraging participants from years 7, 8 and 9 to attend.
- Ambassadors from Stanwell Comprehensive have assisted with the running of the Penarth Multi Sport Festivals. They successfully worked with pupils from a number of local primary schools and assisted with the organisation.

The Bronze Young Ambassadors have attended a training day which included ideas around playground games, a miniature Mini Disability Inclusion Training course and learning about what a leader is. Feedback from the schools regarding the Bronze Young Ambassadors include:

"A sports ambassador helps run a gym club after school for year 3 & 4, she has become an amazing role model and her confidence has grown in talking to small groups of pupils – St Helen's Primary School"

"We are also doing playtime activities with Foundation Phase and this is even more successful than with KS2 - Rhws Primary School"

"The younger children have enjoyed the activities provided by the bronze ambassadors - Sully Primary"

"More activities are planned by the Bronze Ambassadors for the summer months – Albert Primary School Penarth"

The 2 existing Gold Young Ambassadors (year 11 pupils) have been in role for 2 years. They have further developed their skills through opportunities such as delivering community based sessions, delivering 5x60 sessions and assisting with the Bronze Young Ambassador training. They have also successfully and confidently presented in front of all Coaches of Future, Silver Young Ambassadors and parents/guardians at the recent Leadership launch. They will shortly be sitting on the Community Chest panel as Youth representatives.



Case Study Mini Disability Inclusion Training

Mini DIT is in its second year in the Vale of Glamorgan and is continuing to be beneficial. 1203 children have completed Mini Disability Inclusion training this year via 47 courses delivered to 10 primary schools and 3 scout and cubs groups. All of the Vale's Bronze and Silver Ambassadors have received training. By undertaking awareness training at a young age it is helping to shape inclusive thinking amongst our future generation, many of whom are now discussing how to ensure their disabled friends are included within activity. 100% of the participants rated the course as excellent/good and stated they had learnt something new.

The reason for undertaking the training differs dependent on the organisation or school. For example a local scout group became involved as they have a member with a lower leg amputation so they wanted to show the other group members how he could be included in activities. Colcot Primary requested the course be focused on autism as they have a number of autistic pupils in the school. This highlights the flexibility to be able to tailor the course to meet the needs of the groups. An additional benefit that has arisen as a result of this project is the identification of disabled pupils within primary schools who have been put into contact with the Disability Sport Wales Performance Team as potential future high level sports performers.

Moving forward the Mini DIT course will be called Admiral's Play Together Course as Admiral are now the sponsors. The national launch of this new sponsorship took place at Cadoxton Primary School during their training course. Feedback regarding the course includes:

"I was impressed with the range of activities of offer, which helped the children to develop a good understanding of disability and inclusion.

The children were given the opportunity to ask relevant questions and to receive appropriate information. The children liked the games and being given the opportunity to use a wheelchair. They also felt that the glasses were "really good" because, when wearing them they couldn't "see to the side, which made playing the game more difficult".

St Joseph's RC Primary School

"I just wanted to say thanks for running such a great session last night. The feedback from the Scouts was really positive. You did a fantastic job of keeping them engaged while communicating some important messages. Would you mind me sharing your details with other scout groups in Penarth just in case they would like to run a similar session?"
94th Penarth Scouts



Case Study
The Impact of Volunteering within the Coaches of the Future Scheme on Future Opportunities

As the Coaches of the Future scheme has now been running for a number of years, the long term impact of the opportunities gained by the volunteers from participating in the scheme is now becoming evident. There are several examples of how the Coaches of the Future scheme has assisted the volunteers with securing future employment and access to University as follows:

- Two individuals from the 2017 – 2018 cohort have gained employment on summer schemes delivering sports activities.
- Six individuals from the past three years have progressed to study sport related courses in university. Their experience from the Coaches of the Future scheme, in particular the volunteering element, has assisted with individuals gaining unconditional offers.
- One individual has progressed to a sports based apprenticeship and another recent graduate has gained local employment in the coaching sector.
- A number of the Coaches of the Future have been employed by the Vale of Glamorgan Council to deliver within the sports development schemes.

A parent of one of the Coaches of the Future volunteers said of the scheme:

“The scheme is a fantastic opportunity for young people to gain vital and relevant skills in today’s competitive world.”



Closing Comments

It has been a positive year for further developing partnership working and maximising the use of limited resources to positively impact on the development of sport and physical activity opportunities in the Vale of Glamorgan. There has been a reduction in budgets, however this has ensured that focus is paid to the development of cost effective projects that have the most impact on priority areas which are delivered in partnership. These developments would not be possible without the dedication of the volunteers, coaches, administrators, umpires and paid staff that work across the range of organisations within the sport and physical activity sector in the area. They must all be thanked for their contribution and continued commitment.

This year retention of staff within the Healthy Living Team has impacted on anticipated participation figures, with staff members leaving the sporting sector due to uncertainty regarding the future around the regionalisation process being progressed in Wales.

The sector still continues to face significant challenges, when looking to increase outcomes against the backdrop of reduced resources. This year has seen a focus on projects targeting identified sectors of the community, positively impacting on those who have no or low participation levels, with the ultimate aim of positively impacting on their health and wellbeing. There are many local and national factors that will impact on identifying what the priority areas will be moving forward. Despite the current uncertainty with how 'sports development' will look long-term, in the short-term sport and physical activity developments will continue to take place with an emphasis on collaboration and a focus on demonstrating how it positively impacts on the health and wellbeing agenda. The impact and opportunities presented by the Wellbeing of Future Generations Act (2015) must be considered. If we are considering future generations and a shift to long term planning, the funding sources need to align with this longer term view. The Welsh Government has brought sport and public health closer together, focussing on the preventative aspects of sport and physical activity in relation to areas such as obesity and mental well-being. There are opportunities to further progress this link in the Vale.

The Vale of Glamorgan Council will continue to explore collaborative opportunities with other local authorities in the South Central region. Discussions are taking place internally and also regionally through the South Central Regional group to identify appropriate performance measurement tools to evaluate the success and impact of projects on health and wellbeing. As there are currently no national measures to use, it is anticipated this will be a project area that will take some time to progress but will continue to be a priority area of work.

The numerous case studies included within this report are just a snapshot of the positive work taking place within sport and physical activity development. Sport and physical activity has far reaching impacts. It not only impacts on the health and wellbeing of the individual, but also positively contributes to other key wellbeing outcomes for the area. In the present economic climate where financial resources are limited, it is important to look at the cross cutting nature of non-statutory services such as sports development and leisure. However it is also important that the benefits of participation in sport and physical activity as a fun activity and release from other daily stresses are not overlooked.

The development and implementation of the Vale Sport & Physical Activity plan is led by the Vale Council's Healthy Living Team with the support of a host of partners. There is a focus on projects targeted at identified groups where participation is low, with the aim of developing awareness, motivation, confidence, quality of experience and inclusive opportunities. It is essential that the sport and physical activity landscape opportunities in the Vale are flexible in their offer, enabling individuals to access activity at their chosen level of entry, whether that be on an informal basis, within a structured club environment or progressing to a competitive level. In addition to the targeted work, there is also more generic development work taking place with local clubs and organisations to assist with developing sustainable, appropriate opportunities for all to access, promoting lifelong participation in activity and working towards the Vale's well-being outcome of 'An Active and Healthy Vale' and Wales vision of an active nation where everyone can have a lifelong enjoyment of sport.

Partnership working is continuing with a growing recognition of the impact that the Vale Sport and Physical Activity plan can have on health and wellbeing. An increasing number of internal departments / teams and external organisations are seeking to work with the Healthy Living Team as they recognise this can assist with achieving their objectives and outcomes relating to health and well-being such as increasing confidence, self-esteem, increased access to physical activity for targeted groups (e.g. for children who are looked after), learning and accredited training.

Governance & Future Planning

As part of ongoing standard practice, there is regular scrutiny of the Vale Sport Plan and LAPA funding by the Healthy Living Team at monthly meetings to ensure budget spend is on track and is achieving the intended targets. This scrutiny is further supported by central finance team and is reported to the Vale Sport Management Board. External partners who receive funding through the Vale Sport plan are required to complete progress reports which highlight progress against achievements of targets / project aims as well as identifies spend to date and any anticipated underspend / areas where the project is not progressing as anticipated. There is ongoing dialogue with Sport Wales Liaison Officer.

There is a continuous consideration to short and long term internal and external financial factors when planning and reviewing as part of the Vale Sport plan process. The Vale of Glamorgan Council is progressing with the fourth tranche of the Reshaping Services agenda within the directorate in which leisure is based. This process includes assessing the financial viability of services moving forward as well areas where savings can be made. As part of the Council's financial planning processes scenario planning is already taking place for the next financial year, which highlights that changes will need to be made to the current plan as there is an expected decrease in funding but staffing costs will increase due to the expected cost of living increases/annual pay increases. This is already being considered. The impact and opportunities presented by the Wellbeing of Future Generations Act (2015) are also being considered. It is difficult to put in place long term plans with the current uncertainty in relation to the Community Sport restructure, however the Vale of Glamorgan Council is actively involved in discussions relating to this.

Key Areas of Learning

- The cluster area based approach that was implemented previously as part of the restructure process is becoming embedded and proving beneficial. With so many existing and potential partners across the Vale, this way of working is helping to 'join the dots' and link organisations who have similar outcomes together to strengthen progress. This has demonstrated that large budgets are not necessarily required, the valuable asset is the key member of staff 'on the ground' as the point of liaison and facilitating the sharing of resources, knowledge and skills.
- There is a demand for informal activity that is low cost / no cost, non/semi-structured where, whilst the physical activity element is an important aspect, the social benefits and sense of belonging is an equally valued and desired aspect. This is particularly apparent amongst adults who often do not want to become formal members of sports clubs.
- When trying to engage and work in partnership with non-sport organisations it is important to understand that the actual sport / physical activity participation is not necessarily the motivating factor. This will be dependent on the organisation and includes increasing mental health, social interaction, accredited learning etc. It is important to understand this motivation and desired outcomes to effectively engage with these types of groups / organisations.
- It is important to use a cross section of insight/research to inform planning, not just rely on one source of information. Insight used in the Vale includes School Sport Survey; Adult survey; SHRN data; Viewpoint survey; CMO & Public Health data; community mapping; pupil voice; previous participation data; local consultation with deliverers, partners, existing and potential participants. The breadth of partners involved in the Vale has assisted with widening the range of data accessed. It is also important to look deeper into results, for example the School Sport Survey results for the Vale highlight swimming as the activity most in latent demand across the Vale. However there is capacity both within the FSI sessions and within local swimming clubs. Therefore there are reasons why young people in the Vale are not participating in the swimming activities available which need to be investigated further.

STRATEGIC INTENT & PRIORITIES

Sport Wales	Vale of Glamorgan	How in the Vale of Glamorgan
Strategic Intent 1: To be Person Centred		
<p>The needs and motivations of the individual lead the delivery, whether just starting out, aiming to progress or striving for excellence on the world stage.</p>	<p>To have sport and physical activity landscape opportunities that are flexible in their offer, enabling individuals to access activity at their chosen level of entry and progress as they desire.</p> <p>To ensure provision development & delivery is person centred, ensuring the motivation and needs of individuals are taken into account.</p>	<ul style="list-style-type: none"> ▪ Utilising insight including School Sport Survey; SHRN data; Viewpoint survey; CMO & Public Health data; community mapping; pupil voice; previous participation data; local consultation with deliverers, existing and potential participants e.g. through links with the 50+ Forum. ▪ A flexible school and community offer reflecting the needs and demands of the participant. ▪ A workforce development programme that develops skills, knowledge & confidence to deliver engaging, inclusive opportunities at all levels.
Strategic Intent 2: To Give Every Young Person a Great Start		
<p>Every young person has the skills, confidence and motivation to enable them to enjoy and progress through sport; giving them foundations to lead an active, healthy and enriched life.</p>	<p>Vale residents have the skills, motivation and confidence to be physically active throughout their life.</p> <p>To have sport and physical activity landscape opportunities that are flexible in their offer, enabling individuals to access activity at their chosen level of entry and progress as they desire.</p> <p>Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive sport and physical activity opportunities.</p>	<ul style="list-style-type: none"> ▪ Increasing the confidence and knowledge of primary school staff through the Real PE project to deliver fun, age appropriate PE which is positively engaging children, increasing motivation and confidence to participate further. ▪ Physical Literacy project delivered collaboratively with e.g. Public Health Team, Early Years partnership, Flying Start, local childcare providers, schools, uniformed groups such as Rainbows, Guides, ▪ 5x60 & Junior Sport programmes – developing school based provision for hard to reach and school / community links. ▪ Aquatics programme encompassing the School and Community Learn to Swim programme led by Legacy Leisure. ▪ Using peer-led approaches through Young Ambassadors, Playmakers, Mini DIT and Coaches of the Future programmes. ▪ Multi-sport introductory festivals, events & taster activities with schools, organisations and community. ▪ Involvement in HAF funded Community Play Ambassadors project
Strategic Intent 3: To Ensure Everyone has the Opportunity to be Active through Sport; Sport is Inclusive and Provides a Great Experience for All		
<p>To ensure everyone has the opportunity to be active through sport.</p> <p>Sport is inclusive and provides a great experience for all.</p>	<p>Reduce inequalities in participation between different groups in the Vale.</p> <p>To have sport and physical activity landscape opportunities that are flexible in their offer, enabling individuals to access activity at their chosen level of entry and progress as they desire.</p> <p>A network of inclusive thriving clubs delivering quality opportunities to increase regular participation.</p> <p>Exploit the diverse natural and built environment to encourage more informal physical activity opportunities.</p>	<ul style="list-style-type: none"> ▪ Effective training delivered to primary PE staff highlighting positive inclusive practice to motivate and engage all. ▪ Targeted projects assisting to remove barriers including Mental Wellbeing; Women & Girls on the Move; Disability Sport; InSport accreditation; Over 50's; Young Carers; Families experiencing domestic violence. Collaborative working with partners including Youth Wellbeing Team, YMCA Young Carers Project, 50+ Forum, Carers groups, MIND, Cardiff & Vale Health Board and Atal Y Fro. ▪ Projects seeking to assist those experiencing economic and rural deprivation including Hot Shots; Free Swim Initiative; Healthy, Active & Outdoors; 5x60 scheme, Social Physical Activity and SHEP. Collaborative working with partners including Housing Associations, Flying Start, Play Development, schools, Legacy Leisure, local running groups, Welsh Cycling and Family Information Service.

	<p>Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive sport and physical activity opportunities.</p>	<ul style="list-style-type: none"> ▪ Sustainable development projects with local sports clubs and organisations and delivery of training to promote inclusion e.g. DIT and Mini DIT, Mental Health Awareness, Safeguarding, Fundamentals / Physical Literacy. ▪ Targeting of financial and staffing resources e.g. Community Chest funding and additional LAPA funding.
<p>Strategic Intent 4: To bring People Together for the Long-Term Strategic Intent 5: To Showcase the Benefits of Sport</p>		
<p>There is a collaborative, sustainable and successful sports sector, led by collective insight and learning.</p> <p>The impact of sport is evidenced and sports reach is fully understood, valued, showcased and celebrated throughout Wales</p>	<p>Collaborative working, partnerships and community involvement to ensure sustainability.</p> <p>Spread the message about the power of sport and physical activity in improving health and wellbeing.</p>	<ul style="list-style-type: none"> ▪ Vale Sport Management Board membership includes representatives from the Healthy Living Team, Legacy Leisure, Cardiff & Vale Public Health Team, Education/Youth/Wellbeing section (prevention & partnerships). ▪ The Vale Sports & Physical Activity plan delivered in partnership with more than 100 Council departments and external organisations (local, cross county and national), who share resources, insight and agree outcomes. Many are non-sports partners such as public health, housing associations and mental health groups. ▪ Vale Sport & Physical Activity plan compliments Vision for Sport in Wales and Sport Wales strategy. ▪ The impact that sport and physical activity has on well-being has been acknowledged within the Vale Council Corporate Plan, and is a key theme within the 'Active & Healthy Vale' well-being outcome. There is also impact on the other well-being goals including an 'Inclusive & Safe Vale' and 'An Aspirational & Culturally Vibrant Vale'. ▪ The delivery of the actions and projects contained within the Vale Sport & Physical Activity plan contribute to all outcomes identified in the Vale's Public Services Board Wellbeing plan, which are: <ul style="list-style-type: none"> ▪ Enable people to get involved, participate in their communities and shape local services ▪ Reduce poverty and tackle inequalities linked to deprivation ▪ Give children the best start in life ▪ Protect, enhance and value our environment <p>These take into account the Wellbeing of Future Generations Act and the 5 Ways of Working.</p> <ul style="list-style-type: none"> ▪ A variety of methods used to demonstrate impact including case studies, difference made, quantitative measures, corporate reporting. ▪ A member of the South Central Working group seeking to develop regionalised collaborative working in response to the Community Sport restructuring process. Partners currently include South Central Local Authorities, the Local Health Boards and Cardiff Met. ▪ All work is insight led with insight gained from multiple sources including outside the sporting sector.

1. TACKLING INEQUALITIES

Aim: Reduce inequalities in participation between different groups in the Vale

A focus on targeting groups where participation rates are lower, considering equality themes such as female participation, disability and economic deprivation with the aim of overcoming barriers to participation.

Project Areas / Progress Status	Partners include	
<ul style="list-style-type: none"> ▪ Women & Girls – on track ▪ Young Carers – on track ▪ Mental Wellbeing – on track ▪ Disability Sport – on track ▪ Over 50's – on track ▪ Welsh Language provision – on track ▪ Economic deprivation (see 3) ▪ Rural deprivation (see 3) 	<ul style="list-style-type: none"> ▪ Healthy Living Team ▪ Uniformed groups – Rainbows, Guides, Brownies ▪ Welsh Cycling / Breeze Leaders ▪ Spokes (Headlands) ▪ 50+ Forum ▪ Flying Start ▪ Primary & Secondary Schools ▪ YMCA Cardiff Young Carers Project ▪ Atal Y Fro ▪ Housing Associations ▪ Vale Plus ▪ Play Development Team ▪ Carers groups & organisations ▪ Cardiff and Vale Health Board ▪ Welsh Netball 	<ul style="list-style-type: none"> ▪ Friends of Belle Vue Park ▪ Local Fitness Providers / Local sports clubs / Local running clubs ▪ Legacy Leisure ▪ Cardiff City Foundation & Veterans Group ▪ Welsh Sports Association for People with a Learning Disability ▪ Cardiff City Education ▪ Hengoleg Resource Centre ▪ Woodys Lodge ▪ World at Play ▪ MIND in Newport ▪ Vale of Glamorgan Parks Department ▪ DW Sports ▪ Menter Bro Morgannwg ▪ URDD
<p>Progress - 1871 participants impacted upon to date (not including Welsh language provision) (see appendix 1 for progress on each project)</p>		
Areas for Consideration	Case Studies / Feedback	
<ul style="list-style-type: none"> ▪ Funding is not necessarily a major barrier to development of opportunities with targeted groups. However allocation of time is an important factor as it does take a considerable amount of preparation time to identify relevant partners, develop relationships with these partners and agree shared aims and objectives. ▪ Upon consultation, young carers were identifying activities that would not traditionally be classed as sustainable options, e.g. army fitness. However, when working with the young carers it has highlighted that as time is so limited for them to take part in physical activity due to their caring hours, there needs to be flexibility when trying to engage in physical activity to combine with other important areas e.g. career development. ▪ Lack of appropriate qualified coaches available when required has impacted upon some projects e.g. difficult to identify netball coaches who are available during daytime to deliver walking netball sessions - Welsh Netball have not been able to identify any appropriately qualified coaches either. ▪ Access to facilities in the Barry area during weekends/evening is an issue, especially for larger scale events. Consideration is being given to alternative ways to deliver through smaller scale events. ▪ There is currently an underspend in relation to the additional funding awarded as the funding awarded was based on the projects delivered last year. Not all of these projects are being delivered or require the same amount of investment as last year. Where appropriate the funding will be reallocated, however there is an anticipated underspend. 	<p><i>"This has been just what I needed. I used to enjoy cycling but have found I have become less confident as I have got older. It was fantastic to meet like-minded ladies and have a chance to just get my confidence back a little bit on my bike. I am looking forward to joining some of the Breeze Rides!"</i> (Feedback from Breeze Information evening)</p> <p>Rebecca is 29 and has learning difficulties and epilepsy. Her condition means that is not able to work or live independently and needs support with everyday life. Her mum, Rachel, says Rebecca was inspired to get involved in the Couch to 5K Inclusive program as a way to make friends and get fit.</p> <p><i>"From the minute she picked up the leaflet she was really keen to get involved and asked if we could do it together. Rebecca's not really into her exercise and I'm always trying to encourage her to keep active. I've not done much running myself, but as she was so keen, I wasn't going to miss the opportunity. We were a bit nervous to start off with, as it was far out of our comfort zones. But from day one the Seriously Mad Runners crew were incredible. There's a definite focus on perseverance, rather than speed- as long as you keep moving. And there will always be one of them running or walking alongside you. The increase is gradual, you go from walking to running in intervals, to mostly running – and it really works! We can both run 5K comfortably. I'd really recommend the program for anyone starting out, it was a positive experience all round, I couldn't fault it. For Rebecca in particular, there was a real sense of achievement after the nine weeks was up. She's often quite half-hearted when it comes to exercise. But from day one she was enthusiastic and motivated – she couldn't wait to get to the sessions and this is still the case now. Rebecca had been feeling really tired and fatigued. We'd even gone to the doctors to run some tests but all had come back as normal. When we started running, we saw a massive difference in her energy levels. It's definitely something we'll keep doing together, and a small group of us are planning to do the Barry 10k next year!"</i></p>	

2. FUNDAMENTAL SKILLS FOR A LIFE IN SPORT

Aim: Vale residents have the skills, motivation and confidence to be physically active throughout their life, bringing the associated positive benefits to their future wellbeing and general happiness.

Project Areas / Progress Status	Partners include	
<ul style="list-style-type: none"> ▪ 5X60 – staffing issues ▪ Junior Sport Scheme – on track ▪ Physical Literacy – on track ▪ Aquatics – on track ▪ Festivals/Competitions – on track ▪ Community Sport & Physical Activity Development – on track 	<ul style="list-style-type: none"> ▪ Healthy Living Team ▪ Vale Well-being in Education Forum ▪ Welsh in Education Strategic Plan group ▪ Healthy & Sustainable Pre-school – Public Health Team ▪ Badminton Wales ▪ WRU ▪ Legacy Leisure ▪ Cricket Wales ▪ Welsh Netball 	<ul style="list-style-type: none"> ▪ Basketball Wales ▪ Welsh Athletics ▪ Play Development ▪ Pre-school settings ▪ Create Development ▪ Local sports club ▪ Primary and secondary schools ▪ URDD ▪ School Governors
Progress - see appendix 2 for progress on each project		
Areas for Consideration	Case Studies / Feedback	
<ul style="list-style-type: none"> ▪ The targeted approach to engaging primary schools through use of insight data is having a positive effect. ▪ The Healthy Living Team are involved in the Vale Well-being in Education forum which includes well-being leads from comprehensive schools, representatives from primary schools, local authority Education leads, Public Health Wales, Local authority Well-Being teams and outside third sector agencies. The Healthy Living Team are included in the corporate well-being in Education action plan around a commitment to increasing the 60 min daily physical activity offer. The Team are also part of the Welsh in Education Strategic Planning group where provision including the 5x60 offer, primary school offer and training opportunities to pupils in Welsh medium education is considered. ▪ Within the sports development team over the past eight months, there has been a change of core staffing with 3 out of the 5 AYP team being new members of staff. Although during the recruitment period this has added pressure to existing staff, the new staff team have brought new energy and ideas to the team. ▪ This current reporting period has seen an unusual amount of staff sickness/leave and this has affected the participation figures for the 5x60 programme (5767 participations for recent period compared to 8682 participations for equivalent during past reporting period). The learning taken from this is to continue to re-evaluate the programme to ensure it is 'fit for purpose' and can function effectively to meet outcomes. ▪ Uptake of physical literacy training amongst clubs has been low despite a variety of methods in which they can be accessed. Feedback from clubs highlight how they felt that there already numerous mandatory courses that coaches have to attend which are a priority, especially given the limited volunteer time available. Therefore, it would be beneficial for physical literacy learning to be embedded in the NGB courses that coaches are already attending. ▪ There have been some difficulties with the planning process of the revised Aquatics programme, mainly in relation to clarification of the desired outcomes required to be met, which has caused additional work. ▪ There is an ongoing need to 'think outside the box' to reach desired individuals in targeted groups. 	<p><i>As a result of the Playmaker activities, the Playmakers have definitely noticed that there are children who are now taking part who would not have taken part when we first started. Also some children who have struggled to behave / find something constructive to occupy themselves during playtimes, are really enjoying / benefitting from having something to do.</i></p> <p style="text-align: center;">Playmaker Training Feedback</p> <p>In response to question 'following training I will be improving the learning experience for my children by...'</p> <p><i>'It is anticipated that 'shift in pupils' will also have an impact on extra-curricular provision' 'Getting more people involved that may not be your 'sporty' & successful children' 'Adding in personal bests. Have already seen a shift in attitude with pupils' 'Positive delivery – real context for schools. Holistic approach to learning through all subjects'</i></p> <p style="text-align: center;">Real PE Feedback</p> <p>In response to 'what will be the impact of this course i.e. what actions with need to be taken at your school as a result of attending this training'.</p> <p><i>'Input from other schools/experiences. Contacts, links etc and data to challenge on too little activity'. 'Check policies and try to initiate more sports and active learning in school' 'New ideas – those that cost low or zero amount of money to implement' 'Will take to next Governors meeting and suggest an activities taster day'</i></p> <p style="text-align: center;">Governors Training Feedback</p> <p><i>J came to me at 10 years old though Schools LTS and in those brief 9 hours and 20 minutes she learnt to swim 10 metres. Her grandparent enrolled her in level 3 and after a while she overcame her fear of being out of her depth. Over the year she progressed through all the levels and went into the swimfit class, she has beautiful strokes and is a joy to watch. We parted company last November by swimming 2 miles together as she wanted to fundraise for cancer research in memory of her uncle and would only do it if I swam with her. A tremendous achievement.</i></p> <p style="text-align: center;">Feedback from Swimming Instructor about a child involved in the School Learn to Swim Programme</p>	

3. Developing Vibrant Community Sport & Physical Activity Opportunities

Aim: Sport and physical activity landscape opportunities that are flexible in their offer, enabling individuals to access activity at their chosen level of entry.

Aim: A network of inclusive, thriving clubs and organisations delivering quality opportunities to increase regular participation.

Aim: Exploit the diverse natural and built environment to encourage more informal physical activity opportunities.

Aim: Accessible, affordable, attractive opportunities providing a quality experience.

Project Areas / Progress Status	Partners include	
<ul style="list-style-type: none"> ▪ Walking Football- on track ▪ Walking Netball – on track ▪ Social Running – on track ▪ Cycling – on track ▪ Triathlon / Water Sports – on track ▪ Hot Shots – on track ▪ Healthy Active & Outdoors – on track ▪ SHEP - completed ▪ HAF Community Play Ambassadors – only recently commenced ▪ Community Sport & Physical Activity Development – on track ▪ Community Chest – on track 	<ul style="list-style-type: none"> ▪ Healthy Living Team ▪ Vale Housing ▪ Newydd Housing ▪ Swim Wales ▪ Welsh Triathlon ▪ British Triathlon Federation ▪ Legacy Leisure ▪ Atlantic College ▪ Cardiff and Vale Health Board ▪ Cadoxton Primary School ▪ Vale of Glamorgan Parks Department ▪ Play Wales ▪ Cardiff Council Play Department ▪ Welsh Netball ▪ Welsh Athletics 	<ul style="list-style-type: none"> ▪ Local running groups ▪ Pedal Power ▪ Glamorgan Voluntary Services ▪ Local Police - PCSO's ▪ Social Care Team ▪ Foster Care Team ▪ Race Equality First ▪ Family Information Service ▪ Atlantic Crest ▪ Recreate ▪ FAW Trust ▪ Vale of Glamorgan Football League ▪ Facility Stakeholders, local football clubs
<p>Progress - see appendix 2 for progress on each project</p>		
Areas for Consideration	Case Studies / Feedback	
<ul style="list-style-type: none"> ▪ There is currently an underspend in relation to the additional funding awarded as the funding awarded was based on the projects delivered last year. Not all of these projects are being delivered or require the same amount of investment as last year. Where appropriate the funding will be reallocated, however there is an anticipated underspend. ▪ Projects such as the Grassroots Football project are using insight, collaboration and pooled resources to respond to changing environment with the hope of positively impacting on local provision taking into account both local and national agendas (locally the Community Assets review / reshaping programme and nationally the recent Football Facilities Review). ▪ Projects such as the School Holiday Enrichment programme are short term intervention projects delivered collaboratively that form part of a longer term outlook to assist not only with increasing physical activity participation but also positively impact on areas including confidence, engagement and learning and other agendas such as welfare. 	<p><i>I've been telling a story about a little girl that is now in year 3, she's never liked going to the sports hall, how loud it is and actually having to do physical activity with rules is not for her! But during the scheme she would cheer if her group were starting off in the sports hall, she absolutely loved the activities you provided. But the part that blew me away with child A was one day in the community hall she choreographed a dance routine with a load of girls from different year groups and she completely led it!</i></p> <p><i>She drew the dance on paper and all the children listened and followed her instructions...I was even included! I was with her right up until she asked me to do the splits!! I said I don't think I can get back up her words were "don't worry Mrs Cockram I know how to call an ambulance!"</i></p> <p><i>She was bursting with confidence and it was great to see her like that, in her class there are a group of girls that are more able and naturally take the lead. SHEP gave her the opportunity to flourish! I saw her last week and the love of learning that is there this term in unbelievable! I was with A when she started and it's a massive turnaround even Mrs Hayward was shocked (in a positive way!) with her during the summer. Also Ella who is now in year 6 is being awarded this Friday by Angela the Bronze Ambassador award!</i></p> <p style="text-align: center;">Feedback regarding the impact of the SHEP project</p> <p><i>"It was excellent fitness and also provided them a chance to meet new friends. Coaches were amazing and friendly. Our girls loved every minute."</i></p> <p><i>"These sessions are fantastic for children to try out all different sports and to keep them busy during the holidays. My 3 children have been going to hotshots sessions for the last couple of years and thoroughly enjoy them."</i></p> <p style="text-align: center;">Feedback regarding Hot Shots sessions</p>	

4. A Knowledgeable and Motivated Sporting Workforce

Aim: Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive sport and physical activity opportunities.

Project Areas / Progress Status	Partners include	
<ul style="list-style-type: none"> ▪ Coaches of the Future – on track ▪ Young Ambassadors – on track ▪ Play Makers – on track ▪ Volunteers – on track ▪ Creating Confident Coaches & Officials – on track ▪ Mini / Disability Inclusion training – on track 	<ul style="list-style-type: none"> ▪ Healthy Living Team ▪ National Governing Bodies of Sport ▪ Sports Leaders ▪ Community Clubs (Vale & beyond) ▪ Primary & Comprehensive Schools ▪ Disability Sport Wales ▪ Sports Leaders UK ▪ University of South Wales ▪ WRU ▪ Welsh Cycling 	<ul style="list-style-type: none"> ▪ Sport Wales ▪ YMCA Barry ▪ Glamorgan Voluntary Services ▪ UK Coaching ▪ Housing Associations ▪ Youth Sport Trust ▪ Badminton Wales ▪ Vale Tennis / Tennis Squad ▪ Hockey Wales
Progress - see appendix 4 for progress on each project		
Areas for Consideration	Case Studies / Feedback	
<ul style="list-style-type: none"> ▪ The workforce development opportunities contained within the Vale Sport plan span across the age ranges providing a full pathway of opportunities from introductory to National Governing Body level, covering both formal and informal opportunities. These opportunities therefore engage people from a variety of backgrounds and with a variety of interests, both in coaching and non-coaching roles. ▪ This is a positive area of work to engage with non-sport partners who are seeking to increase learning, accreditation/qualifications and employability skills for their service users to assist in achieving their outcomes and objectives. ▪ The Coaches of the Future project spans across financial years so the funding will not all be spent in the 2019 /2020 financial year. ▪ There are issues with availability of courses through some NGB's. 	<p>Following the partnership between the Healthy Living Team and USW, a student is now participating in a range of volunteer opportunities including: Delivering in the 5x60 programme; assisting in local competitions (approximately 10 a year); assisting in local festivals (approximately 10 a year); assisting in local courses and leadership programme; delivering and assisting with local sport clubs, marketing and the Healthy Living Team Holiday programme</p> <p><i>“Regarding to feedback. I have enjoyed my time so far and feel like I am learning each time I help out and I get a better understanding of the different areas, for example how you guys communicate with the schools and how 5x60 works and how you reach out to the community during the holidays. Also, I am grateful with all the opportunities you have provided me during my time so far.</i></p> <p style="text-align: center;">Feedback from student volunteer Ieuan Rendell</p> <p>“The process to vote in a Sports Ambassador in KS2 allowed pupils who don't stand out academically to have their moment to shine. A sports ambassador helps run a gym club after school for year 3 & 4, she has become an amazing role model and her confidence has grown in talking to small groups of pupils”</p> <p>“We are also doing playtime activities with Foundation Phase and this is even more successful than with KS2”.</p> <p>“The younger children have enjoyed the activities provided by the bronze ambassadors”.</p> <p style="text-align: center;">Feedback from Schools regarding the Bronze Ambassadors scheme</p> <p style="text-align: center;">Gold Young Ambassador Case Study</p> <p>One of the current Gold Young Ambassador has progressed from being a Silver Young Ambassador and has taken on more responsibility in which he now helps with promotion and advertising at 2 comprehensive schools. This Gold YA has grown in confidence and developed his delivery and presentation skills by helping out at the Bronze Young Ambassador training days over the last two years. Not only has he developed his skills, but he has given up his time during summer holidays to volunteer at summer events alongside the Healthy Living Team. Through showing that he is proactive and committed to inspiring others, the Vale of Glamorgan Community Chest Panel has agreed that he can attend panel meetings to provide a young person's opinion. He will shortly attend the National YA Conference being held, which he has previously attended.</p>	

Appendix 1

TACKLING INEQUALITIES PROGRESS UPDATE

WOMEN & GIRLS ON THE MOVE - 498 female participants to date (and 35 additional children through the Atal Y Fro project)

Social Based physical activity

15 women attended a Breeze ride social / information evening targeting women who were interested in riding but perhaps didn't have confidence to cycle, didn't want to cycle alone etc. The information evening was supported by Welsh Cycling and Breeze Champions, and a local special school who have set up a Community Investment project (Spokes) for cycling. During local consultation, one of the barriers identified by women that had prevented their participation in cycling, was that many felt they were unable to deal with basic bike maintenance such as punctures etc whilst they were out. Therefore, the first part of the event consisted of Spokes delivering bike maintenance sessions covering basic bike maintenance such as punctures, chain maintenance, gears etc.

"This has been just what I needed. I used to enjoy cycling but have found I have become less confident as I have got older. It was fantastic to meet like-minded ladies and have a chance to just get my confidence back a little bit on my bike. I am looking forward to joining some of the Breeze Rides!"

(Feedback from Breeze Information evening)



Please see below for Coach to 5K project.

Girl-guiding

A relationship has been built with local girl-guiding commissioners and as a result a series of multi-sports events have taken place / are being planned to target girl-guiding groups in the Vale on a cluster basis. 108 girls took part in two different multi-sport events in the Penarth area. The first event was targeted towards the Rainbow group (5-7 years) and was based on physical literacy concept where activities were delivered to provide a variety of opportunities, develop skills, confidence and motivation to take part in more physical activity. The activities were delivered through local community clubs in order to facilitate further participation where there is interest. The second event was targeted at Brownies and Guides where the activities were tailored to this age group and again delivered through coaches from a range of community clubs. A further two events have been planned for two different geographical areas (Barry and Llantwit) although there has been difficulties accessing weekend use of facilities. A Sports Leaders course is to be delivered to a group of Girl Guides who will then facilitate and lead on physical activity / sport with the younger brownies / rainbows.

Please explain why

Opportunity to try different activities in a safe environment, to challenge themselves trying new things and grow their confidence.
Chance to meet other girls from different Browne groups.
They had fun.

(Feedback from Rainbow Leader)



School Sport Survey Targeted Work

Through analysis of the School Sport Survey results, targeted work has taken place to engage with girls in an attempt to decrease the gap in participation between boys and girls. During the summer term 15 sessions took place targeting girls only in addition to the mixed sessions. During the autumn term, girls specific sessions are taking place in 7 out of 8 schools with the eighth school leading girls specific sessions themselves. Although numbers in such sessions are lower than existing mixed / boys sessions, it is highlighted that these girls would not otherwise attend activities so the project is reaching non-participants. To date 335+ girls have participated in the 5x60 scheme, many of whom have been engaged through targeted work. There has also been a partnership with Premier League Kicks project to establish a local girls only Kicks programme which is contributing to raising access to opportunities in areas of deprivation.

A girls only club at a primary school was delivered in response to the low participation of girls identified in the School Sport Survey. There were a series of sessions led by local club coaches and these provided an opportunity for girls to try new activities in a familiar environment whilst becoming more confident with skills. Follow on is underway to establish if any of these girls have joined any of the local clubs who delivered activities or increased activity levels. This will be mirrored in at least two more schools who have been identified with low girls participation in the School Sport Survey.

Pre / Post Pregnancy

The Local Health Board has identified a gap in physical activity provision for pre-post pregnancy which was hoping to be addressed through a HAF project. Unfortunately this application was not successful. However the Healthy Living Team are progressing with mapping current activities that are available for pre/post pregnancy and identify areas to develop. This has included contacting Flying Start midwife to try to establish regular activity opportunities for young mums. Support has been provided to a local fitness organisation who has developed Buggy Beat sessions where parents are able to exercise in a local park in a Flying Start area, Cadoxton, with their babies present. This project has been supported with Community Chest funding to develop indoor sessions during the winter months in the Cadoxton area.

Atal Y Fro

A link has been formed with Atal Y fro – a local service for women experiencing domestic violence. A previous service user who has developed a local fitness organisation has linked back into Atal Y Fro to deliver physical activity based sessions for current service users. Support has been given through provision of information, promotion of opportunities and appropriate equipment to facilitate family based sessions. To date 19 women and their 35 children have benefitted. As most families accessing this service leave homes with no possessions, equipment bags are being developed to be loaned / given to parent to ensure children still have access to basic equipment that will be used to develop a child's basic skills through play and physical activity.

Walking Netball

There are two new sessions due to commence at the start of October as part of the plan to develop more modified sports to attract a wider range of participants. The Healthy Living Team staff member is working in partnership with the local leisure provider, Legacy Leisure (on a similar basis to the Walking Football) to establish Walking netball in the Penarth cluster. The sessions will be led by a coach identified through Sports Development for the initial start-up sessions and will then be taken over by the Young at Heart project as part of the weekly offer for over 50's. The second session to start in the next month will be in Western Vale in partnership with Welsh Netball. We have found out that Welsh Netball are already delivering sessions to Women's Institute in the Vale as part of a Sport Wales funded project, although the sessions are closed to members of WI only. Based on interest from this group and enquiries to attend similar sessions from other community members, a series of taster sessions are being organised open to all. The taster sessions will be varied between daytime and evening and two geographical areas to determine what will be most supported to establish sustainable sessions. There is also ongoing work with the coach to establish a recognised body to enable funding bids to be supported to ensure most effective way to sustain following the taster sessions.

Young Carers Project

30 participants

The Young Carers project (operated by YMCA Cardiff) operate a youth club from YMCA Barry on a weekly basis. After consultation with young people through the Youth Engagement Workers within the project, a number of physical activities have been identified that the young carers wish to take part in including: yoga, dance, gymnastics, martial arts, fitness, football, swimming. In order to progress engagement in some of the listed activities, links have been formed with existing organisations / groups in the local area and arrangements are in place for them to deliver a series of sessions during youth club. This method of engaging the young people in physical activity during an existing youth club has been identified as the most effective way of engagement as it limits additional support young carers need to access opportunities. The consultation has also highlighted that for young carers there is sometimes the need to combine physical activity with employability, e.g. young carers interested in joining army and linking in with Forces Fitness sessions. After further discussions, some of the activities will be more focused towards ages 16+ years.

5x60 information and timetables have been distributed to the Young Carers Team for them to disseminate to the young carers when they meet with them. Coaches of the Future information has also been distributed to the Young Carers Youth Worker working, specifically targeting the 16-25 year old carers.

Small equipment bags are being organised to loan out to individual young carers to take home for a set period. This loaning scheme will facilitate engagement in physical activity with families / younger siblings that are not yet accessing carers support but who are still impacted upon through caring support.

Disability Sport

225 participants to date (from the Vale, with 1093 participants from across the area)

All Ability Couch to 5k

In partnership with local running group Seriously Mad Runners, a Couch to 5k was created. 21 people attended the first session including 6 disabled people. After 9 weeks, 7 of the runners took part in the Barry Island Park Run with two of those runners being disabled runners. One of the disabled runners has since joined Seriously Mad Runners as a result of this project. Seriously Mad Runners provided 5 run leaders for the duration of the programme (who were trained as a result of a previous Vale Sport plan project). Another Cto5K is planned for the winter. See case study earlier in document.



Welsh Sports Association for People with a Learning Disability – Athletics, heats and finals

Assisted with the recruitment of 22 volunteers from Cardiff City Education Team to support the event. Also assisted with securing incentives from local businesses for the volunteers. Disability Sport Officer will continue to link with the WSAPLD to help support their events in the future, especially as Ysgol Y Deri had over 50 pupils taking part in the event, alongside 300 pupils from other schools.

Cardiff City Veterans

Links have been made with Cardiff City Veterans Project to introduce them into Sport and Physical Activity. A Boccia set was lent to the project for a weekly session and a taster session was delivered to 10 veterans introducing them to Boccia and Table Tennis. The external funding for this project has been cut so the lead point of contact is no longer in position, however the group is going to carry on. Liaison will be made with this new point of contact when in place. The 1st ever Veteran Games took place at the Cardiff City Stadium with 20 people from 4 teams participating from South Wales. The teams were made up of Veterans who took part in a number of sport activities culminating with a team being the overall winner. The Vale Disability Officer was involved in the planning meetings, delivered activities on the day and organised the Walking Football tournament.

Adult Boccia League

The Adult Boccia League successfully concluded in May, with 33 individuals from 9 teams participating, consisting of individuals of varying ability levels. This continues to be a very popular league and assists in sustaining interest and activity in boccia across the year as teams practice developing their skills and strategy.

St Athan Primary School – Disability Sport Taster Day

St Athan Primary School have 5 disabled pupils so were provided with suggestions of inclusive activities that could be participated in by all pupils. A taster day was organised for each year group with activities including sitting volleyball, boccia and goalball. In total 120 pupils participated. The teachers are now able to continue to provide these activities within the school.

insport

Motion Control Dance successfully achieved insport Silver accreditation and were recently awarded with their certificate. The club offer inclusive and disability dance sessions within the community.

Boccia on the Beach Festival

The boccia element of the Cricket and Boccia Beach Festival was attended by 12 disabled pupils from Palmerston Primary School, who relished the opportunity to participate in an outdoor environment.

World at Play – Inclusion Training

Inclusion Training was delivered to volunteers from World at Play who are based in Atlantic College. They are visiting the Balkans to provide disability sport sessions to local children. They also provided a taster session for pupils at Jenner Park.

Disability Sport Inclusion Training

Disability Sport Inclusion Training has been delivered to 22 Playworkers during the summer holidays who all worked in the Disability playscheme during the summer which was attended by 76 disabled children.

Over 50's Project

55+ participants to date

Information is currently being collated regarding existing opportunities for Over 50's in the Vale which will be used to create an easy to use directory of activities that will be promoted via various methods

40+ people attended a coffee morning and tai chi/bowls taster event that was held at Belle Vue Park in conjunction with the Friends of Belle Vue Park and the 50+ Forum. The aim was to engage with the 50+ community in Penarth to find out what physical activities they want to see in the area. From the taster session 4 females have already signed up to join the Bowls club and tai chi sessions are now planned to commence in Belle Vue Park due to the popularity at the taster session. There was also interest in establishing a walking group, which is now being progressed and will include different levels of abilities from a gentle walk to Nordic walking. The plan is to produce walking guides / tours between sites / landmarks in Penarth which also includes opportunities to socialise. These sessions will be delivered by walk leaders. As highlighted above in this document Walking Netball sessions are shortly due to commence at Penarth Leisure Centre with the intention to integrate the session into Legacy Leisure's Young at Heart program as occurred with the Walking Football which was part of last years' Vale Sport plan. The walking football sessions are still successfully running with an average of 10-15 people at every session, with a volunteer as the referee. They also now enter local competitions.



Mental Wellbeing

Following on from the project last year, another Mental Health Awareness for Sport and Physical Activity Instructors course has been booked to take place in October.

Welsh Language Provision

The Vale of Glamorgan Council continue their partnership with Mentor Bro Morgannwg who are delivering a programme of sports activities through the medium of Welsh in partnership with the URDD as part of the Framework agreement on developing opportunities for residents to undertake leisure activities through the medium of Welsh. The Healthy Living Team are also part of the Welsh in Education Strategic Plan group.

Appendix 2

FUNDAMENTAL SKILLS FOR A LIFE IN SPORT

Physical Literacy

Focusing on targeting geographical areas where participation in community sports clubs / extra-curricular clubs is low (as identified in School Sport Survey results). Utilising Playmakers to facilitate more opportunities in the primary schools. 4 Playmakers courses have been delivered since April 2019 in primary schools with lower participation rates as identified in school sports survey. These courses have to date trained 92 Playmakers which will ultimately impact on far more participations. There are further courses planned for this autumn and spring term.

Work is in progress to deliver a joint sport and play block of sessions for 4-11 year olds in a targeted area of deprivation. The sessions will focus on provision of informal physical activity that can be further developed in the home setting with parents / carers and provide opportunities to try new activities. The success of this will determine future sessions in other geographical areas as targeted through lower access to opportunities as determined through School Sport Survey results.

Throughout the summer, there were various opportunities for young people to be more active through sessions that were delivered which also aimed to increase motivation and confidence to take part in more physical activity. These included the SHEP project, Healthy, Active and Outdoors, and Hot Shots. Training was also delivered to Play Development staff to introduce them to physical literacy and to suitable physical activity based games.

Continued work with the Vale Healthy & Sustainable Pre-school Scheme and Vale Children's Partnership to up-skill pre-school staff / volunteers and parents to be comfortable and confident in helping children develop fundamental movement skills. Contact has been made with three playgroups through Healthy Pre-schools partnerships who wish to develop physical activity within playgroup settings. This is being progressed. The Physical Literacy lead from the Healthy Living Team will be involved in upcoming annual Healthy Pre-schools evening to promote the importance of physical literacy.

Continued work with local sports clubs to train leaders / coaches in physical literacy concept. Clubs have been offered training to increase knowledge around physical literacy. Previously this has been offered as a generic course with limited success. Therefore, this year the Healthy Living Team have promote in-house training in the club environment. However, uptake by clubs has been very limited and to date only one workshop has taken place.

Other Development Opportunities

The final training course for Real PE has taken place with a further 8 schools completing the subject leader training. Of these 8 schools, 5 have already committed to whole school training as they have seen the positive impact the training has had on the pupils engagement.

The Girl Guiding events have been promoted around the physical literacy concept with opportunities to develop skills, motivation and confidence amongst both the participants and the leaders.

A training session was delivered in partnership with the Healthy Schools Team from Public Health Wales that was targeted at school governors. It was attended by 23 Governors from 21 schools and outlined different initiatives / projects that were being offered to schools. The session was particularly useful as it raised awareness of specific offers for schools as well as linking to National guidelines. It also raised awareness of the School Sports Survey / SHRN results. Since the training some primary schools have come on board with additional offers provided by the Healthy Living Team, although it is not specifically known yet whether this was a result of the Governors training. The training created the positive impact of raising awareness of projects that can be initiated in terms of peer leadership, extra-curricular, physical literacy and volunteer training to increase physical activity levels in schools.

Wellbeing in Education

The Healthy Living Team are represented at the Vale Well-being in Education forum. This network consists of well-being leads from comprehensive schools, representatives from primary schools, local authority Education leads, Public Health Wales, Local authority Well-Being teams and outside third sector agencies. The Healthy Living Team are included in the corporate well-being in Education action plan around a commitment to increasing the 60 min daily physical offer. The new chair of the forum is also keen to make use of local and national insight data, and consider national data against local data to ensure the Vale is offering opportunities in line with or above national averages. The Healthy Living Team are also part of the Welsh in Education Strategic Plan group where provision including the 5x60 offer, primary school offer and training opportunities to pupils in Welsh medium education is considered.

Aquatics

Vale Aquatic Activities	1st April 2019 - 30th September 2019			
	Barry	Penarth	Llantwit	Vale Total
All swims (60+ unstructured, 17+ paid swims & 16 and under all swims)	15281	18731	3051	37063
General free swims over 60 Male / Female	M-871 F-1222	M-2644 F-1481	1045 split not available	7263
Structured free swimming lessons over 60	213	n/a	n/a	213
Structured free Aqua over 60	636	512	191	1339
Under 4 yrs	613	1104	0	1717
Structured Free Swims U16	47	75	0	122
General Free Swim U16 Male	Male	Male	Male	
3-7yrs	94	64	6	164
8-11yrs	311	194	31	536
12-16yrs	217	90	11	318
General Free Swim U16 Female	Female	Female	Female	
3-7yrs	77	78	8	163
8-11yrs	365	161	36	562
12-16yrs	142	254	21	417
General Free Swim U16 Total	1206	841	113	2160

Wet Change room refurbishment update - Successful opening of the Village changing rooms at Barry Leisure Centre. Penarth Leisure Centre delayed opening

Disabled Swimming Lessons -still pushing and supporting the Disabled Swimming lessons, trying to gain support for teachers when working with children with different disabilities, links are ongoing. A member of staff wishes to gain swimming qualification and a Duke of Edinburgh award, and has offered to volunteer with swimming lessons.

Swimming Instructors Development – there has been a turnover of staff with swim teachers gaining full time jobs, and enrolling on to education courses which has negatively impacted the programme. Swimming job adverts have been promoted for additional Swimming instructors to support swimming teachers sickness and annual leave for the swimming programme to continue growing. 4 swim teachers need to complete their NASTAC training.

Vale School Aquatic Activities	April 1st 2019 - September 30th 2019
Total number of children accessing school swimming, from years 3-6	1667
% of children able to swim in years 3 years 4 years 5 & years 6	55.5%
% of children able to swim at year 6 of primary school	64.6%
Average Pass from Llantwit Major, Penarth and Barry %	Barry - 60% Penarth - 53.2% Llantwit - 61.2%
Boys Pass Rate	50.3%
Girls Pass Rate	66.4%
Number of Schools attended Swimming in the Vale	32
Average period of days swimming	11
Number of total non swimmers attended	268
Total number of swimmers passed NC from non swimmers	36
Increase / decrease from previous year (2017-2018 to 2018-2019)	+4.92%

Other Developments

- September / October 2019 - Promotion and launch of Bubbles new outcomes for Parent and Baby swimming lessons.
- Increased work with Well-being Vale to enrol children into swimming lessons to assist with behaviour and support.
- Working with Sports development, to increase swimming participation in children at key stage 3.
- Working with Flying start to promotion parent and baby lessons for less privileged residents
- Drown prevention week across all 3 sites
- Go Tri events at Penarth and Llantwit Major teaming up with Atlantic Crest and Swim Wales for Swimming and running events
- Updating sites with new outcomes through Swim Wales

Junior Sport Scheme (Primary Schools)

There is an increasing number of positive links being made with primary schools through the cluster officers. The School Sport Survey has continued to be used to target schools where, e.g. participation has been identified low and this information has been utilised to encourage e.g. uptake on Playmakers. The Bronze Young Ambassador scheme continues to be effective in engaging and activating more physical activity at primary level. A further 7 schools have finished subject leader Real PE training with 5 of these schools self-funding whole school training. This whole school training will have a further positive impact within the school as all pupils will have access to positive experience of PE regardless of teachers prior knowledge, enthusiasm and interest. Schools will be receiving impact reports to demonstrate the impact of the training for both pupils' confidence and motivations as well as teacher experiences of teaching the subject. See above relating to Governors training.

5x60 Scheme

The 5x60 programme is an example of a programme for which, when a full complement of staff are in place, the benefits are evident (e.g. pupils not belonging to clubs accessing physical activity opportunities during lunch-time etc). However, over the six month reporting period there has been a turbulent period of staff sickness / resignations of Activity Co-ordinators and this has affected the overall programme in terms of consistency and targeted approach. The remaining staff have endeavoured to run as full a programme as possible but there has been a significant impact on participations. This has been further impacted as there was not a full complement of Officers in place. There has however continued to be a more targeted approach delivered within the comprehensive schools with a focus on developing opportunities for specific groups (e.g. girls, SEN). This is being progressed even further with specific insight for each session delivered within schools to establish how many pupils are already part of external community clubs etc and whether sessions are reaching 'target groups'. This targeting is essential but does impact on overall participation when compared to previous years.

There has continued to be links developing with the Youth Well-being Team to target pupils with general well-being issues. New officers have met with Well-Being Youth Mentors to establish links for current year. There has been a renewed vigour of the 5x60 project within specific schools with links to whole school health and well-being. Examples of this include where senior management of Llantwit Comprehensive have invited Healthy Living /5x60 to attend yr 7 parents evening to promote offer as part of health and well-being whole school plan.

There continues to be new school-club links developing. An example of a successful school-club link is where a local karate club was successfully supported through a Development Grant funding bid. As a result, the club has established new community sessions and as part of this development, officers have linked with the club to deliver taster sessions within an extra-curricular environment (as an activity which has been requested by pupils). The club has also indicated further potential partnership working in targeting adult female participation. Dance, as identified in the School Sport Survey, had a 43% latent demand by girls and subsequently dance has continued to be delivered / planned to be delivered in all Vale schools as part of the scheme. This is linked to local community dance opportunities to promote sustainable participation.

Festivals & Competitions Programme

265 participants to date

The Competitions & Festivals programme is part of the Junior Sport offer to primary schools which provides introductory opportunities to multisport activity and also encourages continued participation in activity. The uptake and feedback is positive. Partners involved include Cricket Wales, 3 events have taken place to date:

- Cricket on the Beach – a successful festival delivered on Barry Island with seven schools participating. Free equipment was distributed by Cricket Wales as a reward for taking part in the festival. The pupils helped with coaching, refereeing and also had the opportunity to participate in other activities on the day including bocchia.
- Cricket – a successful event was held with Cricket Wales at Barry Island Cricket Club with the winners progressing to the area rounds.
- Multi-sport Festivals- a multi-sport festival is being arranged for primary schools by the cluster officers in each area of the Vale and will include activities delivered by local sports clubs to encourage community based participation.
- Cross Country – two events will take in October in Penarth and Llantwit Leisure Centre in partnership with Welsh Athletics. To date 13 schools have registered over 100 children.
- Netball – this is taking place in February. Welsh Netball will be providing some referees for the event.
- Hockey – a hockey course is currently being planned for local pupils, teachers and club coaches with the aim of them assisting at a local festival and competition.

- Basketball – a local competition is being organised with the aim of providing an outlet for pupils that attend 5x60 basketball sessions and also to feed pupils into additional basketball clubs within the area.
- Badminton – due to discuss with Badminton Wales who have indicated that their priorities have changed with a focus on club development as opposed to linking to schools. However the Healthy Living Team will continue to plan to run the event in February for the pupils that attend the popular 5x60 badminton programme.

Community Sport & Physical Activity Development

As part of their cluster work, in addition to the links to local primary and secondary schools, all Healthy Living Officers have links with local sports clubs and community organisations and are available to offer assistance where required. This is undertaken on a proactive and reactive basis. This includes assistance with club development including access to funding, training, promotion and school club links. This also involves making links with other existing and newly created projects where this will be beneficial e.g. the links facilitated between clubs and organisations in relation to the Over 50's project.

Appendix 3

DEVELOPING VIBRANT COMMUNITY SPORT & PHYSICAL ACTIVITY OPPORTUNITIES PROGRESS UPDATE

School/Club Community Football Hub

This project led by FAW Trust with support from the Vale of Glamorgan Council seeks to deliver transformational change to grassroots football within the Vale. Building on the case for action and findings of the recent Football Facilities Review, work will shortly commence to deliver the proposed vision for football facilities in the Vale, seeking to create an exemplar Community School/Club Football Hub. This exemplar will seek to influence further change and collaborative investment to deliver the Vale Football Facilities vision.

The project will seek to:

- Support the future development of better facilities (playing pitch and ancillary);
- Support football club involvement in facility management and develop stronger clubs;
- Recruit and develop the people (skills, knowledge and experience) required to deliver stronger clubs;
- Create opportunities for more women and girls to play football.

Walking Football

Initial discussions have taken place with Legacy Leisure in Barry to establish walking football sessions during the daytime as part of their Young at Heart programme. This will complement the existing group that has recently been established within the Barry area as an evening session. This project is strengthening partnership working between the Healthy Living Team and Legacy Leisure. The established Barry Walking Football group is going to be brought under the banner of Barry Town United FC. There are discussions taking place around the organisation of friendly matches between other groups. This project will also be replicated in the Western Vale in the New Year. Weekly sessions continue in the Penarth cluster with approx. 12 – 15 participants attending weekly. There has also been inter-group matches arranged between Barry and Penarth groups.

Walking Netball

Please see inequality section

Social Running

309 participants positively impacted upon (this includes membership at Cowbridge Mooovers and Major Milers)

Social running has been successful in the Vale with a number of groups establishing and developing in the Vale over the past year. In order to further develop social running opportunities through these groups and ensure sustained activity, a Leadership in Running Fitness course has been organised by the Healthy Living Team through Welsh Athletics to take place in November with 20 people identified to attend from social groups throughout the Vale. This course will enable further opportunities to be developed. Individuals who attended the same course organised as part of last years' Vale Sport Plan have been impacting on local groups such as leading the Couch to 5k in Llantwit Major and the inclusive Couch to 5k in Barry. Nominations have been submitted to the Welsh Sports Awards by the Healthy Living Team for Vale running groups who have been actively involved in promoting social running in the local area. Cowbridge Mooovers are also finalists for Running Group of the Year in Welsh Athletics / Run Wales awards. Please also see the inequality section in relation to the Couch to 5k project.

Cycling

119 participants to date

As a result of funding between three partners (Healthy Living Team, Newydd Housing & Vale Homes), Barry Bike Club has continued to be supported. The bike club, led by Pedal Power is run from an area of deprivation (Gibbonsdown) and targets individuals living in the area and neighbouring areas. The club has been very successful in attracting participants from the targeted area with 2 weekly 45 min sessions being run at maximum capacity (12 per session). There is a system where bikes are held centrally for participants to access and this has proved invaluable due to the high number of participants who do not own bikes. The sessions have developed basic cycling skills including 32 learn to ride participants (31%) as well as developing the confidence and providing opportunities for other participants in a safe environment.

Please see inequality section for project relating to females.

Uniformed Groups

See inequality section above for Girl Guides project.

Triathlon – Water Sports Project

Approximately 850 participants positively impacted upon by this project

This project is being led by Atlantic Crest, a local organisation, with support where required from the Healthy Living Team and other partners. Two Go Tri events targeting 8 – 14 year olds have taken place at Llantwit and Penarth Leisure Centres with a third event organised to take place in October at Atlantic College (a child with cerebral palsy has entered highlighting the inclusiveness of these events). It is anticipated that approximately 110 participants will be involved in the series. The aim is to provide safe, fun water based events so that children can engage in healthy sporting activity and to expose children to different disciplines and multi-event activity. Go Tri events can become springboards to the individual sporting activities, such as swimming, cycling and running in addition to leading participants onto triathlons / aquathlons. There has been positive feedback to the Go Tri Series with children returning to participate in more events. Atlantic Crest have also continued to run the Big Island Swim and WBay Aquathlon with well over 100 participants. They provided the safety risk assessment for the SWYD triathlon in Barry, which had over 600 participants. The competitor feedback from the Big Island Swim and Aquathlon has been very positive, in general having fun and feeling safe in well organised events.

Hot Shots

The Hot Shots project this year is encompassing 3 different elements: Hotshots Sports sessions; Healthy Active & Outdoors sessions; School Holiday Enrichment Programme. The project aims to provide informal physical activity opportunities during the school holidays, linked to local clubs and associations where appropriate. There is a focus on delivering activities in areas where there is a lack of opportunities due to the location (rural deprivation), as well as in areas where people experience economic deprivation.

Hotshots Sports Sessions

60 children attended the multi-sport sessions that took place during the Easter holidays at Colcot Leisure Centre (Flying Start area), Cogan Leisure Centre and Holm View Leisure Centre (Flying Start area) whilst 45 participated in the summer sessions at Barry, Penarth and Cowbridge Leisure Centre. Local clubs including Little Lions and Vale Tennis Academy were involved in the sessions with local exit routes promoted to all participants. Sessions were advertised via the Family Information Service and social media, where targeted promotion took place using local community group pages. Targeted promotion also took place through liaison with partners including the Foster Care team, social care team, Housing Associations and through Race Equality First who offered to pass on the information to Syrian refugees who have recently moved into the area. Information was also forwarded onto the PCSO contact.

“These sessions are fantastic for children to try out all different sports and to keep them busy during the holidays. My 3 children have been going to Hotshots sessions for the last couple of years and thoroughly enjoy them”.

*“They both thought the coaches were amazing”
holidays”.*

“We would love for this to be available on a more regular basis in school

Healthy, Active and Outdoors

Healthy, Active and Outdoors sessions were developed as a way to encourage children to engage in opportunities outdoors during the summer holidays and was delivered by the Play Development and Sports Development sections of the Healthy Living Team. At each session, children had the opportunity to engage in large group games, outdoor sports opportunities and challenges, den building, junk modelling and outdoor crafts. 190 5 – 11 years took part in the activities which took place in parks and open spaces within the Vale of Glamorgan including those in area of deprivation and where access to sports provision was limited. Thanks to funding through the Welsh Government’s Holiday Hunger Programme, the Healthy Living Team were able to promote Healthy Holiday Hydration (and reduce single-use plastic consumption) by providing reusable water bottles to every child who attended our Healthy, Active and Outdoors sessions along with fruit provided at some sessions.

Summer Holiday Programme – SHEP (School Holiday Enrichment Programme)

The SHEP programme targets children who access free school meals, are experiencing deprivation and would benefit from being provided with nutritional support and access to activities during the school holidays. The programme was delivered in a slightly different way this year with one school being the lead school and two further schools (from areas of deprivation and high FSM population) nominating pupils who would benefit from attending the project. The project took place in Cadoxton Primary in a Flying Start area. SHEP had 91 children participating (42 foundation phase age, 49 key stage 2), amassing a total of 688 participations over the 3 week period (30 of these receive school free meals). Partnership working is an important element of the project with Cadoxton Primary School leading on the project, the Vale Health Board and Vale Catering department involved in delivering the nutritional element of the project whilst the Healthy Living Team delivered the physical activity element. SHEP was participant focussed with the participants deciding on the activities to be delivered. It was noted that many participants who were unsure of getting involved at the start of the project become more involved as their confidence grew. There were a number of young people impacted on who previously were not engaged with physical activity. It was also positive that participants from SHEP became engaged and attended Healthy, Active and Outdoors sessions. It was noted that 1/3 of participants were in receipt of FSM. It was also noted that a number of pupils were invited as an intervention for other issues, e.g. pupils who were low in confidence, not engaging in learning etc. A key factor for ensuring sessions were successful (i.e. everyone engaging) was that they were consistent and understood the target group / motivators.

Appendix 4

A Knowledgeable and Motivated Sporting Workforce

Coaches of the Future

The first 6 months of this reporting period focuses on ensuring last years' cohort have completed level 1 NGB courses where appropriate, ensuring cohort have completed volunteering hours and meet expectations of Sports Leaders (including session observation and marking of Learner Evidence Record). This period has also included: raising the profile of Coaches of the Future programme for the new intake including raising profile outside of the school environment, e.g. community sports clubs, youth service and other groups, e.g. Housing Associations; ensuring compliance with Sports Leaders UK to facilitate running of Sports Leaders which has included tutor training for 2 staff; Planning for new intake – programme to include Community Sports Leadership Level 2 and first aid training, Safeguarding course, Disability Inclusion training, assessment day for Sports Leadership, and sport specific courses as appropriate. Alternative ways of delivering Coaches of the Future has started to be explored including exploration of level 2 Multi-skills award as alternative delivery model to CSLA level 2. Discussions have also taken place around timing of COTF initial training as appreciated that half-term may not suit volunteers who are not school based. An information evening has been delivered for new intake of applicants.

Young Ambassadors

The project is progressing well with 2 Gold (both male), 16 Silver (10 female / 6 male) and 36 Bronze Ambassadors (18 female/18 male) in the current cohort. Throughout the programme, these Young Ambassadors have received training and inspired their peers to engage in activity. Schools involved in the Bronze YA scheme include: Palmerston Primary, Oakfield Primary, High Street Primary, Cadoxton Primary, All Saints C/W Primary, Pen Y Garth Primary, Fairfield Primary, Evenlode Primary, Cogan Primary, Sully Primary, Albert Primary, Wick and Marcross C/W Primary, St Athan Primary, St Illtyds Primary, Ysgol Y Ddraig and Llanccarfan Primary. Silver Young Ambassador recruitment is currently underway with the application closing date in October for the new academic year. The 16 Silver YA's for the 2018-2019 academic year were from St Cyres, Stanwell, St Richard Gwyn, Bro Morgannwg and Pencoedre High. The two Gold Ambassadors are both from Whitemore High but impact across the Vale with involvement in the delivery of Silver YA training, presentation at the YA information evenings and involvement in Healthy Living Team events including Hotshots sessions and National Sport and Play Day.

Playmakers

4 Playmakers courses have been delivered since April 2019 targeted at primary schools with lower participation rates as identified in the School Sports Survey. These courses have to date trained 92 Playmakers which will ultimately impact on far more participations. There are further courses planned for this autumn and spring term.

Volunteers Project

The main aim of this project is to offer people within the communities the opportunities to participate in local sports specific courses with the outcome of delivering within local clubs. As part of this project the following has been achieved to date:

- A She Rallies tennis course was organised with six coaches attending who have since been coaching in community and after school sessions.
- Meetings were held with the WRU to arrange a Rugby Leaders course. It was indicated that this wasn't a priority for them as they did not want to offer local delivery at this time. However, a course was delivered to the pupils of St Cyres school and a partnership was organised with Fairfield primary to deliver a 10 week programme of rugby lessons. Other partnerships are also currently being organised to deliver additional rugby sessions within the local primary schools.
- A 4689 hockey course is currently being organised for November that will be targeting pupils, teachers and local schools to be able to offer additional clubs and improve the quality of clubs in the community and after school sessions. At the end of the sessions, a completion / festival will be running.
- In March, a Tennis Leaders coaching course will be delivered to increase the amount of tennis opportunities in the area. This will target local children in after school sessions and in local clubs.
- Discussions have commenced to deliver a Shuttle Time course in partnership with Badminton Wales in St Cyres Comprehensive as well as within the community to offer additional provision and to improve the quality of sessions that are currently being offered. This will also increase the workforce within the area.

- A Disability Inclusion training course organised through Cardiff City Foundation and St Cyres school, will impact on the 5x60 club at the school as the volunteers are now helping out with the inclusive multi-sport club.
- Young Leaders courses were held at St Cyres (20 pupils) and St Richard Gwyn (41 pupils). The courses were ran with the intention of having more volunteers helping out in the after school clubs within the schools and 5x60 sessions.

Creating Confident Coaches & Officials

This project is positively impacting on upskilling coaches and community volunteers in 'how to coach' and administrative aspects in order to improve the quality of local sport provision. The project is progressing as planned with a number of courses booked for the next quarter including Safeguarding and Protecting Children, First Aid, Disability Inclusion Training, Mental Health Awareness. FREE workshops are also available to clubs which are delivered on demand, including Sport Leaders Young Leaders Award, Keeping Safe in Sport, Physical Literacy/Fundamentals in Sports for Young Children and Club Development Drop In. The benefits to date have included coaches and volunteers receiving good quality training courses at low cost prices. The dates and times are arranged to fit around their needs as many volunteers work full time. The cost is kept low and sometimes offered free of charge to clubs linked to Vale Sport programmes to ensure that the courses are accessible to all. Support is provided via Community Chest to assist with course costs. Consultation has been undertaken with clubs and organisations to find out what courses they would like delivered and also if they have venues available for the delivery of the courses to enable the courses to be delivered across the Vale in the communities where the clubs are based. To date we have been offered access to 5 different venues which include Penarth and Rural Vale enabling the offer to be equally spread across the Vale.

Mini Disability Inclusion Training

90 pupils from Fairfield Primary received Mini DIT training in the summer term which has helped to improve their knowledge and understanding of inclusion and how to include their friends in all PE and play activities. Due to new sponsorship from Admiral the programme has been rebranded as Play Together courses which has taken longer than anticipated. This has delayed the delivery of the course however a further 4 schools are booked to receive the training when resources have been confirmed. Once these courses take place, over 3000 pupils from the Vale of Glamorgan will have received the Mini DIT/Play Together training since January 2017, which can only positively impact on future inclusion.

Statistics Relating to Young Volunteers to Date

	No. of sessions	No. of voluntary hrs	No. of participants impacted upon	No. of participations impacted upon	No. of individuals attending training courses	No. of training hrs
Bronze Ambassadors	0	0	0	0	30	150
Silver Ambassadors	0	0	0	0	0	0
Coaches of the Future	194	285	146	2210	4	26
Playmakers	0	0	0	0	59	360
Sports Leaders	48	183	420	720	37	93
Physical Literacy	1	0	0	0	0	0
Other Leaders (Under 18)	1	22	0	0	22	48
Other Leaders (Over 18)	0	0	0	0	0	0
Mini DIT			625		90	90
Total	244	490	1191	2930	242	767

Summer 2019 sports & play



THERE WERE MORE THAN 5412 PARTICIPATIONS DURING A BUSY SUMMER OF ACTIVITIES DELIVERED BY THE VALE COUNCIL'S HEALTHY LIVING TEAM.

The Summer of Sports and Play 2019 was launched at Barry Rotary Club's Annual Duck Race where more than 600 people took part in the activities on offer. The event provided an opportunity to promote the busy summer programme alongside a range of free sports and play activities for families.



Children and young people were given a loyalty card and received stamps for each activity they engaged in, once filled the card was exchanged for a certificate and everyone who took part was awarded a medal. Families were provided with the Summer of Sports and Play 2019 Programme as well as an Active August calendar, providing ideas for low-cost/no-cost activities to undertake across the Vale in each day of August.



Throughout the summer, a total of 31 open access community sessions were delivered across 18 different venues in the Vale of Glamorgan. Altogether 392 children and young people in the Vale registered at open access community sessions this summer. The Healthy Living Team also held two Family Fun Days and supported an additional eight events within the community, hosted by partner organisations where more than 3900 people took part in the play and sports activities on offer.

Hot Shots

Ages 6- 12 years

THE SUMMER PROGRAMME BEGAN WITH HOT SHOTS, AN OPPORTUNITY FOR THOSE AGED 6-12 YEARS TO TRY A VARIETY OF FUN SPORTS AND GAMES LED BY THE SPORTS SECTION OF THE VALE HEALTHY LIVING TEAM.

Sessions were held in three locations across the Vale. In total 18 participants attended Barry Leisure Centre, 10 attended Penarth Leisure Centre and 17 attended Cowbridge Leisure Centre. A number of the participants were returnees who had previously enjoyed the Hot Shots sessions delivered in other school holidays. Participants took part in games such as Blow the Shuttle, Popping Pirates and an active version of Rock, Paper, Scissors. They also had the opportunity to take part in traditional games like football and small sided netball.

Number of Hot Shots Sessions	3
Number of Registrations	52
Number of Participations	52



Wick Play Rangers

Wick Play Rangers sessions were funded by Wick Community Council for the fifth consecutive year. A total of five 2 hour sessions took place in Wick Sports Pavilion on Tuesdays during the summer, supported by the volunteers at Wick Youth Club. Resources were provided for children to have a go at den building, games, arts and crafts and outdoor play. Some of the favourite activities included water play, making jewellery, building dens, playing group games and trying new sports. The sessions were aimed at 5 years+ and were well received by the community, with 42 children registered in total.



Wick Play Rangers

Number of 2 hour sessions held 5
 Number of Registrations 42
 Number of Participations 75
 Number attending more than one session 16



Dinas Powys Playscheme

Dinas Powys Playscheme and Dinas Powys Play Rangers sessions were funded by United Welsh Housing, Dinas Powys Community Council and the Vale Council for the fifth consecutive year. Led by the play section of the Healthy Living Team, a total of four 2 hour sessions took place in Murchfield Community Centre each morning, with four 2 hour sessions taking place in Caerleon Road Play Space each afternoon, from Monday 29 July - Thursday 1 August.

A huge range of play activities were offered at the sessions for children aged 4 - 11 years, with mud kitchens, parachute games, water play, junk modelling, multi-sports, den building and so much more. Children were able to enjoy fresh fruit snacks thanks to a daily donation from Tesco organised by United Welsh Housing.

A total of 110 children registered across the eight sessions. Families were invited to celebrate the week of activities at the Family Fun Day held on Friday 2 August, where the Vale Family Information Service supported the event offering glitter tattoos and providing information on childcare, activities and family support in the Vale. The fun day was an opportunity for all ages to engage in the play activities offered throughout the week. More than 200 people enjoyed this opportunity.

Dinas Playscheme

Number of 2 hour sessions held 4
 Number of Registrations 86
 Number of Participations 175
 Number attending more than one session 50

Dinas Play Rangers

Number of 2 hour sessions held 4
 Number of Registrations 43
 Number of Participations 70
 Number attending more than one session 19



Healthy, Active and Outdoors sessions



Healthy, Active and Outdoors sessions were developed as a way to encourage children to engage in opportunities outdoors during the summer. At each session, children had the opportunity to engage in large group games, outdoor sports opportunities and challenges, den building, junk modelling and outdoor crafts. The sessions were aimed at 5 - 11 years, and took place in parks and open spaces within the Vale of Glamorgan.

Healthy, Active and Outdoors

Number of 2 hour sessions held **13** (2 cancelled due to bad weather)

Number of registrations **190**

Number of participations **234**

Number attending more than one session **32**

Thanks to funding through the Welsh Government's Holiday Hunger Programme, the Healthy Living Team were able to promote **Healthy Holiday Hydration** (and reduce single-use plastic consumption) by providing reusable water bottles to every child who attended our **Healthy, Active and Outdoors** sessions along with fruit provided at some sessions



National Play Day

National Play Day is held annually on the first Wednesday in August and celebrates the children's right to play (*Article 31 of UNCRC*).

This year's event was delivered in partnership with Vale Family Information Service and took place at Porthkerry Country Park, Barry where more than 600 people enjoyed the activities on offer.

The national Playday theme for 2019 was Play Builds Children which aimed to highlight the many ways in which play is beneficial to children and young people including helping to build friendships, resilience, health and well-being and building communities.

A RANGE OF ACTIVITIES WERE DELIVERED FOR ALL AGES, INCLUDING A CARDBOARD CITY, UNICORN KITCHEN, JUNK MODELLING, DEN BUILDING, CONSTRUCTION PLAY, MULTI-SPORTS, SEED PLANTING AND GIANT GAMES.

The event aimed to promote low and no cost play activities for families to undertake together at home and in the community. The event was also an opportunity to promote the **Playful Childhoods**, a Play Wales campaign that aims to help parents, carers and grandparents give children time, space and support to play at home and in their local community.

Marianne Mannello, Assistant Director of Play Wales and Catrin Awoyemi, Play Policy Officer for Welsh Government took time out of their busy schedules to visit the Play Day and were delighted with the range of low cost / no cost ideas being promoted to the families. The families were also provided with a Playful Childhood: Playful Parenting Guide which was funded through funds secured from the Welsh Government's All Wales Play funding.





Rhose Playscheme

Rhose Playscheme ran from Rhose Community Centre for three days and offered two-hour sessions for children aged 5 - 11 years. A total of 26 children registered over the three days, with 10 children attending more than one session.

Rhose Playscheme

Number of 2 hour sessions held	3
Number of Registrations	26
Number of Participations	36
Number attending more than one session	10



St Athan Playscheme

St Athan Playscheme was held at MOD West Camp Community Centre for two days and offered two-hour sessions for children aged 5 - 11 years. A total of 14 children registered over the two days. Those who attended the playschemes were able to take part in sports and play activities within the community centre, with favourites including dodgeball, tennis, clay crafts, jewellery making, junk modelling, limbo hop, and much more.

St Athan Playscheme

Number of Hot Shots Sessions	2
Number of Registrations	14
Number of Participations	16
Number attending more than one session	2



Vale Families First Holiday Club



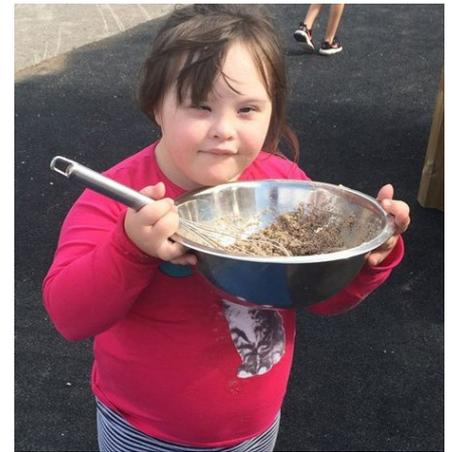
Alongside the inclusive community programme which is delivered over the summer, **the play section of the Vale Healthy Living Team** are responsible for **Vale Families First Holiday Club** which offers specialist play provision during school holidays for disabled children and those with additional needs in the Vale of Glamorgan.

The Holiday Club is funded by Welsh Government's Families First Grant and is registered with Care Inspectorate Wales. This offers a bespoke service to which meets the needs of each individual child with support such as 1:1 support, personal care, a nurse for those who have medical needs and specialist equipment available. Thanks to funding through the Welsh Government's Holiday Hunger Programme, children attending were offered a range of healthy snacks whilst on site.

The scheme were delighted to welcome **Rebecca Evans, Minister for Finance** and **Trefnydd and Cllr Lis Burnett** to visit the scheme and see the children enjoy making fruit kebabs as part of the Holiday Hunger programme.

Seventy six children aged 4 - 11 years attended the Holiday Club with a total of 374 participations over 12 days. Children were able to engage in a wide range of play opportunities including sensory play, messy play, outdoor games, construction, arts and crafts, junk modelling and much more!

Sports staff from the Healthy Living Team attended sessions to provide sports and physical activity at the Holiday Club.



Number Registered to Attend	Number of Participations	Number of sessions booked but not attended	Children requiring 1 to 1 Support	Children requiring Personal Care	Children requiring Medication
76	374	72	5	21	9



School Holiday Enrichment Programme (SHEP)

The sports section of the Healthy Living Team were involved in the delivery of the physical activity element of the **School Holiday Enrichment Programme (SHEP)** which took place at Cadoxton Primary School.

The (SHEP) project is a school-based scheme that provides healthy meals, food and nutrition education, physical activity and enrichment sessions to children in areas of social deprivation during the school holidays.

Eighty one children (30 of whom receive free school meals during term time) accrued 512 participations over the three week period.

At the beginning of the scheme the children were asked what activities they wanted to participate in to ensure engagement. During the sessions there was an emphasis on rising awareness of local and low cost opportunities that the children could participate in during their leisure time.



In addition to the previously mentioned, the Healthy Living Team supported a number of events organised by other partners which included:

- **FLYING START ANNUAL FUN DAY - 500+ PARTICIPANTS**
- **GLASTONBARRY JUNIORS - 1000+ PARTICIPANTS**
- **SAFER VALE EVENT - 300+ PARTICIPANTS**
- **VALE HOUSING FESTIVALE EVENT - 300+ PARTICIPANTS**
- **POBL HEALTH AND WELLBEING EVENT - 50+ PARTICIPANTS**
- **ST ATHAN FAMILY FUN DAY - 50+ PARTICIPANTS**
- **SULLY FEST - 500+ PARTICIPANTS**

Summer of Sports and Play 2019 Total Statistics:

Total number of sports & play sessions delivered	61
Total number of 2 hour community sessions held	34
Total number of targeted sessions for disabled children	12
Total number of family fun days /events	9
Total number of registrations	601
Total number of children with additional needs (not including SHEP)	93
Total number of participations	5412+
Total number of participations at sessions	1596
Total number attending more than one community session (Not including the Families First Holiday Club sessions or SHEP)	131
Total number of children attending more than five sessions (Not including the Families First Holiday Club sessions or SHEP)	17 (with 2 children attending over 10 sessions)



Tackling Inequalities in the Vale of Glamorgan Sport, Physical Activity & Play

Joanne Jones - Senior Healthy Living Officer (Play)

Karen Davies - Principal Healthy Living Officer

Projects Tackling Inequalities include:

- ▶ 5x60 Project (economic deprivation, gender inequality, disability & rurality)
- ▶ Active August (economic deprivation & rurality)
- ▶ Disability Sport Development (disability)
- ▶ Families First Holiday Club (disability, economic deprivation)
- ▶ Healthy, Active & Outdoors (economic deprivation & rurality)
- ▶ Health & Wellbeing Group (Children & Young People) (mental health)
- ▶ Hot Shots & Doorstep Sports (economic deprivation, rurality)



Projects Tackling Inequalities include:

- ▶ Hungry Holidays (economic deprivation)
- ▶ Mental Wellbeing project (sport & physical activity)(mental health)
- ▶ Older People's project (mental health & wellbeing)
- ▶ Playschemes (economic deprivation & rurality)
- ▶ Play Rangers (economic deprivation & rurality)
- ▶ Social Physical Activity (economic deprivation, rurality & gender inequality)
- ▶ Social Services Care Leavers
- ▶ Young Carers (mental health & wellbeing)
- ▶ Women & Girls on the Move (gender inequality)



Mental Wellbeing Project

Aim: Increase participation rates among residents in the Vale who have a mental health condition or wellbeing issues.

1. Mental Health Friendly Clubs and Activities

To increase mental health knowledge amongst local sport and physical activity providers through the delivery of Mental Health Awareness Training and raising awareness of mental health friendly clubs.

- Training delivered by MIND - 46 coaches/instructors from 24 club/sessions attended the training (9 in Barry, 6 in Penarth and 9 in the Rural Vale).
- Promotion of mental health friendly organisations through the use of a kite mark.
- Future plans - to include Mental Health Awareness training as part of the annual training calendar

2. Woody's Lodge

An organisation that supports veterans after they leave the armed forces.

- To create an environment where veterans feel comfortable to take part in exercise
- To increase veterans confidence to progress them to using public facilities for exercise and activity.
- A weekly Walking Football session has been established using equipment provided by the Vale Sports and Play Development Team, with an average of 10 people attending each week.
- Further work is to take place with the group once they have moved on to the next stage of their project.



Mental Health Friendly Sport and Physical Activity Clubs in the Vale

Barry	Penarth	Rural Vale
Barry Town Ltd Pan Disability Football Club nwatham66@gmail.com 01446 724000	Breeze Network Cardiff and Vale (Cycling) https://www.facebook.com/BreezeNetworkCardiffandVale/	Breeze Network Cardiff and Vale (Cycling) https://www.facebook.com/BreezeNetworkCardiffandVale/
Barry YMCA Gymnastics Club 01446 724000	Forces Fitness http://forcesfitness.co.uk/	Cowbridge Leisure Centre - GP Referrals 01446 403000
Red Dragons Netball Club carliandmelanie@sky.com	LiveFIT Wales Cymru http://www.livefitwales.co.uk/	Forces Fitness http://forcesfitness.co.uk/
Barry Leisure Centre - Swimming 01446 403000	Old Penarthians RFC http://olpenarthians.rfc.wales	Llantwit Major Leisure Centre 01446 403000
Barry Leisure Centre - GP Referrals 01446 403000	Sully Indoor Bowls Club https://www.sullyindoorbowlsclub.org.uk/	Llantwit Major Tennis Club https://clubpark.tia.org.uk/LlantwitMajorTennisClub
Forces Fitness http://forcesfitness.co.uk/	The Saints FC U10 and U12's https://www.facebook.com/stathantc	Rhoose Life Saving Club https://www.facebook.com/rooselifeguardclub/
LiveFIT Wales Cymru http://www.livefitwales.co.uk/	Vale Surf Life Saving Club https://www.facebook.com/valesurflifesavingclub/	
Michelle Grant Personal Training https://m.facebook.com/michellegrant2/		
Nina Yoga ninyoga@gmail.com		

If you see a coach or volunteer at one of the clubs above wearing a MV Pin Badge or Wrist Band, they will have had Mental Health Awareness Training and are happy to help if needed.

For more information please contact Simon Jones, Senior Healthy Living Officer, Vale of Glamorgan Council on 01446 704728 or sjones@valeofglamorgan.gov.uk

Mental Wellbeing Project

3. Older People More Active

- ▶ Solace (Dementia group) - nurses at the group supported to attend a LIFT Course run by Age Cymru. *A weekly session now takes place at the group.*
- ▶ Individuals from Hen Goleg Day Centre also attended the training and are delivering to the service users
- ▶ Tai Chi instructor course organised and funded -
 - 21 people attended resulting in 250+ participants experiencing Tai Chi on a regular basis.
 - New Tai Chi sessions delivered by Motion Control to individuals who are being cared for and their carers in Llantwit Major

Vale Care Homes

- After consultation with residents in Vale Care homes, the Older People More Active course was created by the Vale Sports Development Team with the aim of up-skilling residential home staff to be able to set up sport and physical activities in their respective homes.
- ▶ A booklet was created to accompany the course with the support of National Governing Bodies of Sport (FAW Trust, Table Tennis Wales, Tennis Wales and Wales Golf) - this includes activity cards of different activities that can be played in the residential home setting.
- ▶ Each home also provided with the opportunity for free equipment to use when running new activities
- ▶ 13 staff members from 6 different care homes attended the course, with 100% rating the course as excellent or good.
To date more than 225 residents are benefitting from the activities delivered.



“We would ideally like to engage with authorities Nationwide to see if we can support all care homes due to the positive impact it has” - feedback from Table Tennis Wales”.

Women & Girls on the Move Project

Aim: increase participation rates amongst females, narrowing the gap between male and female participation.

- ▶ Focus on:
 - increasing confidence levels and motivation via female specific activities.
 - utilising the School Sport Survey data and other local data to provide a targeted programme.
- ▶ More than 8723 participations by more than 1662 women & girls involved in the 451+ sessions as part of the project. 63 training opportunities and 45 new leaders trained to impact on female participation.

Sub projects include:

- ▶ Netball - primary schools; Back 2 Netball: Netball Leaders Training
- ▶ Running - creating new & supporting existing running clubs; Coach 2 5K; Run Leaders training
- ▶ Cycling - promoting Breeze rides; female coach development
- ▶ Primary Schools - focus on schools with low female participation rates - girls only after-school clubs set up in partnership with local sports clubs, sports specific sessions targeting sports identified by girls
- ▶ 5x60 programme - removal of barriers. 206 girls only sessions impacting on over 450 girls.
- ▶ Uniformed Groups - specific participation events delivered to girl guiding groups; sports leadership training for rangers and older guides to facilitate them with the delivery of activities in units, impacting on girls who may not otherwise join a traditional sports club
- ▶ International Women's Day - utilising International Women's Day as a mechanism to raise awareness of local opportunities and encourage participation amongst women and girls.
- ▶ Sports specific development e.g. rugby - developments with local girls rugby team and links made with other local clubs to arrange satellite sessions to feed into the main club.
- ▶ Workforce development within sports identified by females e.g. dance, gymnastics, netball - young leaders and existing coaches



Case Study - Cowbridge Moovers

- ▶ Request on social media to set a running opportunity up in Cowbridge area, particularly from socially isolated individuals whose activity levels were low.
- ▶ Initial meeting attended by 12 people, now more than 120 members. They are now a self sufficient group.
- ▶ 9 people stepped forward and trained as Run Leaders and in First Aid
- ▶ After initial 10 week block 76% felt fitter, 86% were more confident to attend other physical activities. Other positive mental wellbeing benefits.



“A massive thank you from me for setting up the group. Joining the moovers has opened up my world socially. I have enjoyed getting to meet new people. Chatty runs are a great way to socialise. It always feels good to be part of such a positive support group and have run leaders to encourage, support and guide you. For me, it helps create the balance away from some negatives in working life. Physically I am getting fitter and it is always good in maintaining a healthy lifestyle. Mentally running and socialising gives me the feel good factor and always lifts my spirits if I am having a bad day. I look forward to running days and now miss it when I can't make it. Prior to running, I was on my own which was isolating”.

“The Moovers has helped me get back into activity after an injury. I'd completely lost my confidence but since joining the club my confidence has returned and now running twice a week have lost ½ a stone! The social aspect of the club is great benefit, meeting new friends of all ages and abilities has been wonderful. I always thought clubs were for the super-fit - how wrong I was! All the run leaders are so welcoming and encouraging to all abilities, so I look forward to meeting up with the club and miss it if I can't be there. It's benefited me physically, mentally and socially”.



(feedback from members of the Cowbridge Moovers Running Club)

FAMILIES FIRST HOLIDAY CLUB

Aim: To provide supported play opportunities to disabled children aged 4 - 11 years during school holiday periods.

- ▶ Funded through the Disability Strand of the Families First funding stream provided by Welsh Government.
- ▶ To facilitate inclusion the service provided by the Play Development team as part of the Holiday Club includes:
 - nurse provision for children who require medication
 - personal care provision for children who require assistance with toileting / changing
 - 1:1 or buddy support
 - specialist play equipment
- Referral process: by families, social workers, health visitors, schools, other professionals



“My daughter has benefitted so much from attending holiday club, she enjoys going in and is very happy and content coming out. She enjoys painting, the playground and making new friends. Staff are always so happy and helpful, nothing is too much trouble. Many thanks to all the staff and Jo for a well run playscheme, I can see that the children that attend are very happy with their environment including skilful playleaders. Once again another successful year, with heart felt appreciation.”

“The playscheme is fabulous and Hannah has loved every minute and asks to go every day. Hannah loves making things, painting, drawing and everything really. And she loves the staff! We can't fault any staff at playscheme, Jo Jones is 5!! Overall brilliant, we have to travel a fair way so Hannah can have fun but it's worth it.”*

“I honestly can't thank each and every one of you enough! Ralphy has loved coming to playscheme, he was able to play football all day and this is his dream. I know he is safe and happy with all of you. It allowed me to have time with Macey because she needs it too. A massive thank you to you all and Jo for being so kind, helpful and positive.”

Having somewhere safe and secure for us to be able to leave my son is invaluable for us. The fact that his younger sister is always welcome, and that all the other parents are in the same boat is a big bonus. The staff are fantastic and always make a fuss over him and try to engage with him. We were gutted when it was reduced to 2 hours - there are no childcare providers (even paid) who can deal with my sons needs so this was a big disappointment. We really hope the holiday club continues and we are grateful that the full days came back!



MAIN CHALLENGES

Evidencing the Impact that Sports & Play has on the health and wellbeing of local residents.

Improving understanding, and promoting sports and play as a preventative service which can positively contribute to the Wellbeing of Future Generations.

FURTHER INFORMATION

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