

Sports & Play Development Case Studies

Karen Davies - Principal Healthy Living Officer






Vale Runners

Q) Name of Club?
Vale Runners

Q) What does your club offer?
A) We offer a FREE, social, friendly environment that encourages and supports all ages of people to run, get fit and enjoy all the benefits of group running. Sessions provided by Welsh Athletics licensed Run Leaders and Coaches, who can offer support and advice.

Q) Where does your club train?
A) We meet at various places around Barry which we announce prior to each run.

Q) Where can people find out more about your sessions?
A) Facebook – Vale Runners
Instagram – vale_runners

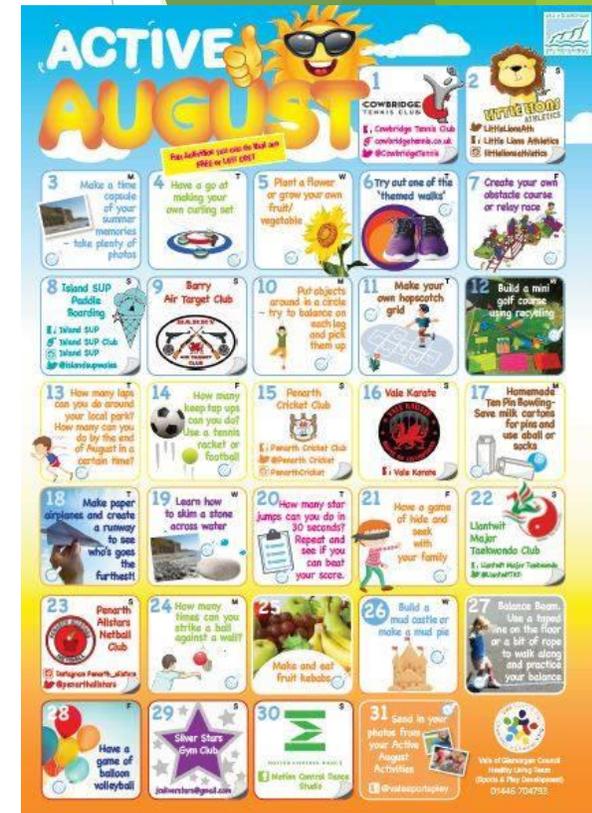
Q) What is the best thing about your club?
OR
Describe your club in 5 words or less.
A) Free, fun, friendly, inclusive, supportive

Q) Covid 19 has affected participation in all activities. Many parents are still worried about their children's safety returning back to sports activities. Has your club implemented any procedures to help ease these worries for parents?
A) Reduced numbers per session. Social distancing adhered to. Follow Iron Wales motto of Get in, Train, Get Out which prevents prolonged group gatherings. No equipment used. Safe routes and wide spaces.

Q) Top Tips from the club
A) No need to run solo again, group running offers safety in number. All abilities welcome. Weekly safe, planned routes. Just lace up your shoes and give us a try.

Q) If your club could have anything, what would it be? Ideally your club would have a permanent based and we'd like it to be the go to club for anyone taking up running. Our coaches offer training plans but we'd love some equipment to set up gruelling sessions for our would-be-runners.

CLUB PROFILE

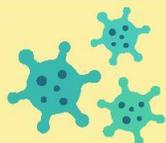




VALE PLAY PAVILION 2020 – 2021



The Vulnerable Children Tactical Group was created consisting of representatives from the Healthy Living Team, Social Services and the Learning & Skills directorate.



EST. 2020

Vale Play Pavilion was set up in July 2020 to support families linked to Children and Young People Services who required respite support over the school holiday period, due to pressures associated with the challenges of lockdown.



60

children supported

43%

children with additional needs



458

participations



13

Playworkers

9

Sports Coaches



12

staff qualified as Youth Mental Health First Aiders

540

packed lunches provided



4

school holidays

27

days of provision

135

hours



FEEDBACK ON VALE PLAY PAVILION



“ All I can say is that the Playscheme is a blessing, to have you doing what you do in this time of COVID-19, giving them structure in these times. thank you so much. ”

“ Keep doing what your doing as it makes a difference to us as parents and our boys who look forward to attending your playscheme. ”

He loved his time at playscheme and has really developed socially as a result of the input of the staff. He has struggled to relate to his peers as a result of being diagnosed with ASD at the age of three. He settled in so well at playscheme and has been more confident and switched on as a result of the activities, children and staff. Playscheme has given us more hope for his future development and ability to be in a mainstream setting. We are so grateful for his inclusion on this scheme and would love for him to attend in the future. Thank you all so much.

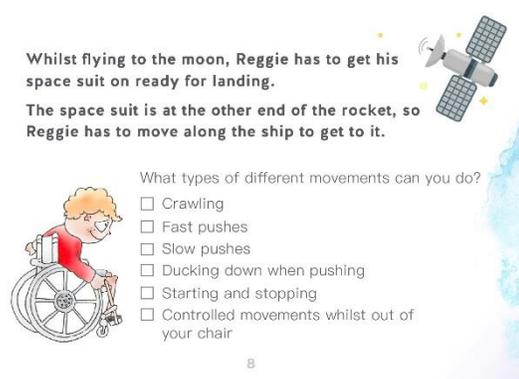
“ Brilliant service. Covers so many aspects of development for children and their families who have been hit particularly hard by covid restrictions. ”

“ He looks forward and loves to come to the play scheme, if he had his way he would come every day. The staff are very friendly and the atmosphere is a happy and relaxed one. He always comes home smiling and happy and can't wait for the next time he comes. ”

'REGGIE GOES TO THE MOON'

PHYSICAL LITERACY BOOKS FOR DISABLED CHILDREN

- ▶ Following consultation with Specialist Health Visitor, schools and parents it was identified that many disabled children have not had the opportunity to develop their basic physical literacy skills.
- ▶ Developed as a partnership between the Healthy Living Team and the Council's Graphic Designer, a series of 6 storybooks have been created.
- ▶ They provide physical activity suggestions which are specific to an impairment group in a fun way through story telling.
- ▶ They are being made available free of charge to families, schools, pre-school settings, Flying Start, Families First Holiday Club and sport clubs to encourage families to undertake activity at home and for organisations to use them in their settings.
- ▶ To date more than 800 copies have been requested.
- ▶ The printed versions of the storybooks have been funded through Prevention Funding provided by the Cardiff & Vale Public Health Team as the project positively contributes to the Cardiff & Vale Move More Eat Well plan.



ENGAGEMENT THROUGH VIRTUAL CHALLENGES

SCHOOLS VIRTUAL CHALLENGES

- ▶ The usual School Festivals calendar was adapted due to Covid restrictions - becoming a series of virtual challenges (and in-school opportunities when restrictions allowed)
- ▶ Daily Mile; Four Challenges competition; Multi-sport opportunities
- ▶ More than 6680 participants - an increase on previous years
- ▶ Virtual activity broke down some of the barriers that schools and teachers face such as staffing (the need to cover staff who attend events), transport costs and the limitation of number of pupils they can take to events
- ▶ Flexible approach to these challenges meant that:
 - schools were able to amend the challenge as appropriate
 - schools could take a whole school approach
 - pupils could participate at home if they were isolating
 - pupils experienced personal achievement
- ▶ Feedback from both teachers and pupils highlighted that the programme has increased fitness, improved skill levels, and kept pupils motivated during unprecedented times.

"We feel that the pupils have been much more engaged in lessons in the afternoon after completing the Daily Mile. The school and teachers have seen improvement in fitness and health in the pupils too."

"The children were motivated, enthusiastic and looked forward to their playground spot every day. It appealed to all children, whether lovers of physical activity or not".

"At the beginning of the challenge approx. 20% could hula hoop, by the end of the 4 week challenge approx. 95% were able. The skipping challenge approx. 10% could not skip at all, now 100% of children can. I noticed fitness levels improve as well as afternoon concentration levels. Overall a hugely successful initiative. Thank you for organising and assisting with resourcing it".

Participation in the Daily Mile reached an all-time high with some schools continuing to participate in the challenge four months later and one school completing over 8,000 miles during the six week challenge.

"We really enjoyed doing the Four Challenges competition so thank you for organising! The children in year 1 and 2 also recorded their personal best score and then challenged themselves each day to improve on their own scores. They also then wrote a reflection on the challenges at the end and which fundamental skill they had improved on, how they improved and which they wanted to improve on next. They have had really good fun and loved being outside doing the challenges".

ENGAGEMENT THROUGH VIRTUAL CHALLENGES

VALE ON THE MOVE - FAMILY / ADULT CHALLENGES

- ▶ Virtual activity challenges promoted through social media
- ▶ 149 participants in the Join in January - A Mile A Day and Fit in Feb challenges
- ▶ 25% of individuals taking part in the challenges were not previously active



79% of residents taking part felt more motivated to take part in more physical activity



68% of residents taking part felt healthier

- ▶ A Vale on the Move social media campaign raised awareness of the importance and benefits of physical activity with a reach of over 3,480 residents

I have to say the first 2 months have encouraged me to do something every day. This challenge has definitely motivated me and this month I've walked, danced, exercised and even got my skipping rope out!

The challenge motivated me to leave the house every day....

I've started well and done 1.5 miles a day so for me that's good!