

Meeting of:	Healthy Living and Social Care Scrutiny Committee
Date of Meeting:	Tuesday, 08 June 2021
Relevant Scrutiny Committee:	Healthy Living and Social Care
Report Title:	Sport and Play Update
Purpose of Report:	To update committee on the current activities and operations of the Council's Sport and Play Section
Report Owner:	Report of the Cabinet Member for Leisure, Arts and Culture
Responsible Officer:	Miles Punter – Director of Environment & Housing Services
Elected Member and Officer Consultation:	Accountant Environment and Housing Legal – Committee Reports Operational Manager – Accountancy Prevention and 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 details the work carried out during 2020/21 by the Councils Sports and Play team. • The Report highlights many of the successful initiatives undertaken during the past year including assistance to clubs and the provision of playschemes. • The year was dominated by the pandemic and was therefore different to that experienced previously but the team again demonstrated their flexibility and adaptability. • A short presentation will be made at Committee detailing some of the projects. 	

Recommendations

1. That Committee notes the information contained within the Report.
2. That a further Annual Report on the activities of the Council's Sport and Play Development Team be submitted to Committee for consideration in June 2022.

Reasons for Recommendations

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

1. Background

- 1.1 The Council's Sports Development and Play 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 that also significantly shapes 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 and Community Councils, S106 funding and local housing associations.
- 1.2 The main aim of the Sports Development Team is to increase physical activity levels by developing sustainable opportunities in partnership with internal and external providers. Whilst there is some element of universal provision, there is a focus on developing opportunities for targeted groups with lower participation rates. Within play services there is a focus on providing playscheme provision during school holidays to disabled children, and also to increase opportunities for those who are disadvantaged. This focus is partly due to the criteria for the grant funding the service receives. 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 a report for Sport and Physical Activity detailing the work of the Sports Development Team. Clearly the COVID-19 pandemic has had a significant impact on the work of the Sports Development Team during 2020/21 and the service has adapted accordingly with a focus very much in terms of recovery.

- 2.2** Attached at Appendix B is the Vale of Glamorgan Play Action Plan. The service has continued to provide vital play services, particularly for disabled children, during most school holidays during the pandemic but has had to introduce a range of new procedures to enable this to occur.
- 2.3** Key headlines from the year include:
- More than 120 organisations impacting on the Vale Sport and Physical Activity Plan.
 - The development of a breadth of resources shared via social media platforms and through partners to support individuals and families to be active despite lockdown restrictions and to promote the physical and mental benefits from participating in such activities.
 - Positive partnership working internally and with external partners to support targeted individuals and families requiring additional support including children identified through Social Services, disabled people, those accessing wellbeing services, low income families and adults aged 60+ who are inactive or the least active.
 - Various projects within the plan adapted into a virtual format to support progress towards project aims despite impact of COVID 19.
 - More than 491 participations in 57+ courses by individuals from 62 organisations as part of the Vale Active Learning pathway.
 - Healthy Living Team assisting Sport Wales in promoting and assessing funding applications from Vale sports clubs and organisations, to support them to survive the impact of COVID 19, to safely reintroduce activity once restrictions allowed and to further develop opportunities. Thirty five Vale organisations were successful in securing £224,599 from the available funding streams.
- 2.4** It should also be noted that Sport and Play staff were also seconded at certain times during the year to assist on other projects to assist with the response to the COVID 19 pandemic, with the support of their funding bodies, and proved themselves again to be flexible and adaptable.
- 2.5** A short presentation will be made at the meeting summarising some of the projects.

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

- 3.1** Sports and play development work is a significant contributor to the Wellbeing Outcome of 'An Active and 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 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 and 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 and organisations. Consultation with targeted groups also takes place to ensure the service delivered meets their needs and works to overcome any barriers faced. Such examples include data obtained from the national School Sport Survey and through peer-led consultation. This data is 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 as well as potential and existing partners.

4. Resources and Legal Considerations

Financial

- 4.1** The Local Authority is heavily reliant on external funding for the Sports and Play service. Current funding sources for staffing including Sports Wales and the Welsh Government through the Children 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 sport and play plans

are achievable. The table below highlights the various sources of funding used to support the service:

Sports			
	20/21 Spend	21/22 Budget	Comments
Sports Wales funding	£306,812	£455,631	£135k of 21/22 budget is a requested carry forward from 2020/21
Disability Sport Wales	£20,403	£20,480	
National Exercise Referral	£128,700	£128,700	
	£455,915	£604,811	
Play			
	20/21 Spend	21/22 Budget	Comments
All Wales Play Opportunity - Capital	£132,973		
All Wales Play Opportunity - Revenue	£13,953	£43,332	
Children and Families Grant	£32,156	£33,000	
Cardiff and Vale UHB play against the Early Years and Prevention Funding	£1,513	£191,834	£126,834 of budget in 21/22 carried forward from 20/21
Covid 19 Summer Playscheme	£28,625	£0	
Families First	£50,000	£50,000	
	£259,220	£318,166	

- 4.2 At present there is also a reserve of approximately £30,000 specifically for play activities. This reserve will be spent when specific needs arise or capacity allows.

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 Welsh Government to undertake a Play Sufficiency Assessment process via the Section 11 of 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 have previously been reported to this Committee.

5. Background Papers

Appendix A Sports Development information.

Appendix B Play Report.

VALE SPORT & PHYSICAL ACTIVITY PLAN PROGRESS APRIL 2020 – MARCH 2021

More Active Communities for a Healthier Future

OVERVIEW

The Vale of Glamorgan Council's Healthy Living Team lead on the delivery of the Vale Sport & Physical Activity plan in collaboration with a wide range of partners. Over 120 organisations positively impacted on the plan this year.

The arrival of Covid certainly impacted on the delivery of the actions identified in the Vale Sport & Physical Activity plan for the 2020 – 2021 period. The closure of schools, sports clubs, community groups and leisure centres at the start of the pandemic, and the subsequent restrictions put in place meant that the sector had to reconsider how it could still positively impact on the overarching aims of the plan, whilst taking into account the constantly changing restrictions.

The sector has shown that it is very resilient with the Local Authority and its local, regional and national partners adapting their way of working to ensure that where possible residents still had the opportunity to experience the physical and mental wellbeing benefits from participating in some activity within the limitations in place. This has been particularly important during this very unsettling time for the community. However, the sector has been negatively impacted, with many community clubs and sports organisations having to rebuild their membership and finances following a turbulent year.

Whilst Covid has restricted the opportunities for people to participate in organised sport, which is usually undertaken in an age based way, it has positively impacted on increasing demand for more family based, intergenerational activity that can be undertaken within the home or in the local community. This was particularly relevant whilst the 'stay at home' message was in place. The added benefits of this is that many of these activities have been created with low or no cost to the participants so takes away the barrier of cost that some families in the Vale face. Having access to localised activity also took away the barrier of traveling to activities.

Where it has been possible to do so, local organisations including the Local Authority and sports clubs have embraced the use of digital technology to take physical activity into people's homes. Whilst this has been beneficial to many, it is important to acknowledge that not all residents have access to technology and many did not have the experience or knowledge of how to access via this means. Therefore, lead Officers on projects such as the 60 Plus Leisure Scheme have had to include the upskilling of residents in the use of technology as part of their action plans. It was also a learning curve for those delivering activities via these mechanisms. From the Healthy Living Team point of view, whilst the re-introduction of face to face activity is welcome, it is recognised that online activity can still play an important part moving forward, helping to overcome barriers faced by some residents such as the inability to travel to activities, a lack of time to travel to activity and a lack of confidence to participate in front of others. Therefore, moving forward programmes of activities will consider both face to face and online activity.

Following are some of the achievements in the Vale Sport & Physical Activity plan for 2020 – 2021.

ACTIVE YOUNG PEOPLE

- *Developing foundation and fundamental movement skills amongst children and young people to increase confidence and motivation to take part in sport and physical activity.*
- *Increasing awareness of physical literacy amongst parents, carers, pre-school staff, community coaches, volunteers and other community members.*
- *Targeting provision based on need using insight, data and partnership working*

Improving opportunities and access for pre-school children:

- The creation of Pre-school Activity Resource packs for families and pre-school settings developed in partnership with Early Years Wales, Welsh Cycling, Welsh Gymnastics, Trinity St Davids and Sport Wales via their Play to Learn resources.
- To try to address the imbalance for children accessing physical activities in areas of deprivation, an equipment lending library has been developed with all four Flying Start settings which will impact on over 158 two and three year olds living in identified Flying Start areas. All children and families will have received a resource book containing information on recommended activity levels, appropriate activities to develop fundamental skills at home and follow on information. Each setting has also received a number of equipment bags to loan out to children on a rotational basis (32 loan bags). There were also ideas in the resource pack to substitute equipment for items that would be easily accessed in a home environment. It is anticipated that these bags could also be utilised on other Flying Start programmes such as Dad Club and Stay and Play sessions. The impact of the resources and equipment will be measured in the forthcoming year to determine if the resources were appropriate in raising awareness and skills.
- Healthy Pre-Schools – the Healthy Living Team have continued to be involved in the Healthy and Sustainable Pre-school Scheme and now sit on the steering group, although direct delivery for upskilling of staff has been hampered due to Covid.
- Engagement has continued with settings via the provision of virtual resources and facilitating the roll out of free Play 2 Learn resources for pre-school settings.

Improving opportunities and access for children aged 5+:

- Reggie Goes to the Moon Physical Literacy Books for disabled children – developed as a partnership between the Healthy Living Team and the Council's Graphic Designer, a series of 6 storybooks have been created to develop physical literacy skills amongst 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. The books provide physical activity suggestions which are specific to an impairment group in a fun way through story telling. The books 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.

- Utilising the 'social media' presence of families looking for ideas to keep children active during lockdown/restrictions to raise awareness of fundamental skills and the importance of developing these. This included developing 'At Home' resources, creating a series of 16 inclusive activities for families to take part in at home, in addition to the roll out of a series of 'campaigns' including:
 - ❖ Active April – 793 engagements with a reach of 21,059
 - ❖ Join in June : 10 fundamental skills challenges created around balance, hand-eye co-ordination, etc to encourage families to develop these skills. 526 engagements through a reach of 14,597. The Balance Activity promoted during National Balance week resulted in 880 hits over social media raising awareness around importance of balance from babies through to older age.

 - ❖ Active August Physical Literacy Activity Challenges: 8,286 views (twitter) plus 593 engagements reach of 16,582 on Facebook
 - ❖ National School Sport Week – 3,347 views
 - ❖ Well-being Wednesdays – 1, 387 views
 - ❖ Healthy, Active and at Home: a series of activity cards were developed and promoted during the initial stages of lockdown to encourage families to remain active and improve fundamental skills.

- The Vale Play Pavilion: The Vulnerable Children Tactical Support Group consists of representatives from the Healthy Living Team, Social Services and the Learning & Skills directorate. It was established to support vulnerable families who were struggling as a result of the lockdown. The Vale Play Pavilion was created in July 2020 to support families linked to Children and Young People Services who required respite support over the holiday period due to pressures associated with the challenge of lockdown. The Sports Development and Play Development staff from the Healthy Living team worked in partnership to deliver play and physical activity opportunities based on fundamental movement skills in a fun, informal environment. A number of the children who attended may not normally access community sports provision due to their circumstances so this provided an opportunity to develop fundamental skills and increase confidence amongst them. The play staff were also upskilled with new ideas for delivering physical activity based on fundamental movement skills which they can take into other play settings. Statistics for this project include:
 - ❖ 135 hours of provision over 27 days
 - ❖ 60 children supported in 458 participations
 - ❖ 43% of children had additional needs
 - ❖ 540 packed lunches provided

“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”.

(Feedback from parent of Child attending Vale Play Pavilion)

“Brilliant service. Covers so many aspects of development for children and their families who have been hit particularly hard by covid restrictions”.
 (Feedback from Social Worker referring into Vale Play Pavilion)

- The Healthy Living Team have worked in partnership with Sport Cardiff and the Cardiff and Vale NHS Child Psychology team on the Cope Cakes project. This project supports children aged 8 to 14 with a physical health condition who are experiencing anxiety. Fun and engaging movement session has been delivered as a coping mechanism and has also provided the opportunity to talk to children and their families about the benefits of physical activity for their general health and wellbeing. The majority of the children have had negative experiences of PE and physical activity. Through the session they improved their relationship with physical activity by focusing on fun and inclusion, and improved their confidence, motivation and knowledge of movement and physical activity. Due to the success of this, further work will take place moving forward with young autistic people who are linked to the child psychology team.
- Healthy, Active & Outdoor sessions – delivered as a partnership between the Sports Development and Play Development Team during the summer holiday, targeting identified communities, resulting in 16 sessions impacting on more than 104 participants resulting in 476 participations.
 - Caerleon Road sessions were run in partnership with the Sports & Play Development staff within the Healthy Living team and United Welsh Housing Association who had identified anti-social behaviour within the community, alongside a growing friction between Housing Association tenants and private tenants on a new estate in the same community. Physical activities and sports were delivered alongside play activities which provided an opportunity to increase the confidence and improve fundamental skills for children and young people. Members of the South Wales Neighbourhood Police Teams joined the Healthy Living Team at some of the sessions and the Youth Service also attended some sessions to distribute free food. As a result of these sessions, 64 children from a very targeted area of ‘deprivation’ were supported to be more active.
 - Wick sessions were run in partnership with Wick Community Council attended by 40+ children. The feedback was extremely positive, highlighting how the sessions have had a multitude of benefits to the community. Feedback from projects such as this demonstrate that sport & play are used as vehicles for other drivers in the community such as community cohesion, safety and the social benefits of children playing together, as well as increased physical activity/ development of skills.

What do you feel have been the benefits of playrangers for the community? <i>brings the community together</i>	
What have been the benefits of attending playrangers for your child / children? <i>free time, socialising for the children, exercise</i>	What do you feel have been the benefits of playrangers for the community? <i>children having something to do that doesn't cost money</i>
What have been the benefits of attending playrangers for your child / children? <i>Making friends, being outdoors + enjoying all the activities.</i>	What have been the benefits of attending playrangers for your child / children? <i>to meet new friends and grow in confidence</i>
What have been the benefits of your children attending playrangers for you as a parent / carer? <i>Knowing they are safe and getting some fresh air</i>	

Wick feedback: *“The Impact on the children – for 6 young people, the sessions during summer were the first time they had had face to face social interaction outside of their bubble since March! “*

- A partnership has been developed with Dinas Powys library to offer a Foundations library bag which will consist of appropriate equipment and resources to encourage younger children to develop fundamental skills. This can be loaned out in the same way as a book. Information has also been provided for residents to improve awareness around developing fundamental skills. This opportunity has also been offered to other libraries.
- A partnership between the Healthy Living Team and Youth Service as part of the Youth Wellbeing project has seen 120+ equipment packs and accompanying resources distributed to identified young people, with virtual activity sessions organised to ensure vulnerable young people were able to keep active at home.
- A representative from the Healthy Living Team is leading on and chairs the newly formed South Central Foundations group which has been established to share good practice and support collaboration across authorities/organisations in foundation and fundamental skills.
- As a result of face to face delivery being restricted and school specific guidelines on 'live' virtual physical activity sessions, an Active at Home programme was developed to ensure young people in secondary schools still had access to physical activity opportunities. The Active at Home programme consisted of pre-recorded sessions by local instructors who had previously been delivering in schools as well as links to 'recognised' providers such as Sport Wales, Disability Sport Wales etc. Such sessions were shared with pupils via e.g. Google classrooms, videos uploaded onto school sites. One of the issues that have arisen during this time is the 'safeguarding element' of delivering virtual sessions and also the means of recording success of the sessions other than virtual hits. Whilst initially a barrier, these pre-recorded sessions have proved useful as have been considered a valuable tool to engage with young people who may not be confident in engaging in physical activity in a physical environment and so can e.g. let them try an activity at their own pace / without peers etc as well as becoming familiar with activity / instructor etc (some of the barriers identified by young people as barriers to participation). Due to this the Healthy Living Team will continue to integrate virtual activity as part of a hybrid approach moving forward.

Further Supporting Schools:

- The Healthy Living Team have previously worked with Create Development to support teachers in accessing PE training through the Real PE resource. A further 7 schools have been supported this year to undertake whole school Real PE training which will impact on at least 56 teachers, upskilling information around delivery of PE and hopefully raising confidence to deliver PE lessons. The ultimate aim is to motivate children to take part in PE, raise confidence levels and ultimately form a positive relationship with physical activity to feed into community based activities. A further 2 schools were also supported to undertake subject leader training in schools identified through the School Sport Survey as having lower participation / lower enjoyment in PE. A further 8 schools attended a webinar outlining the REAL PE areas of work links to new Donaldson curriculum. Due to a delay in roll out of this training the full impact cannot be measured as yet but confidence of teachers and pupils will be measured as well as enjoyment.
- The partnership with Create Development was further extended during lockdown with them opening up access to their online resources for pupils and their families whilst children were not able to attend school. The Real PE at Home resources included an online programme which supported families to be active, play and learn together, including a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges. For children in Key Stage 2, there were carefully selected

personal best challenges, skills and games designed for the home and garden. As a result of promotion of these sessions to schools to share with families, at least 25% of primary schools in the Vale signed up with families actively accessing the resources. The individual families' access was also shared with pre-schools linked to the Healthy Living Team and the Play Development Team for families they work with to access.

- 15 schools have been supported through AYP funding, resulting in £6560 distributed to create additional extra-curricular opportunities based on pupil centred approach / need. This was a higher than expected number of applications given the lack of face to face opportunities within school environments. The impact of this is limited at the moment due to schools only just reopening.

CASE STUDY - SCHOOLS VIRTUAL CHALLENGES

Usually the Healthy Living Team organise a series of festivals and competitions to attract and retain participation amongst primary and secondary pupils, forging links with community clubs to promote local exit routes. Some of the festivals are targeted at schools where participation rates are low to encourage participation and expose pupils to new activities. Due to Covid, all festivals and competitions were cancelled. It was acknowledged that during this unusual period all children were limited in their opportunities to participate in activity. In order to try to support engagement in activity amongst pupils, virtual challenges were offered to all schools including the Daily Mile, Four Challenges competition and multi-sport festivals/opportunities.

The introduction of virtual challenges this year has seen an increase in participation with more than 6680 participants. This increase has been attributed to breaking down some of the barriers that schools and teachers face such as staffing (the need to cover staff who attend events), transport costs and being limited to the number of pupils they can take to events. The flexible approach to these challenges meant that schools were able to amend the challenge as appropriate. Some schools chose to take a whole school approach, increasing participation in all pupils throughout the challenges – this meant that schools were able to use their own initiative and direct the challenges in a way that best suited their schools needs during a difficult time. The flexible nature of the challenges meant that pupils could participate at home if they were isolating.

Feedback from both teachers and pupils highlighted that the programme has increased fitness, improved skill levels, and kept pupils motivated during unprecedented times. Feedback included:

“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”.

“The pupils have enjoyed taking part in the Daily Mile and they have enjoyed the challenge of beating their previous times and seeing improvement in themselves on a daily basis. The pupils loved the challenge and were so proud when they completed the laps necessary for a mile, many doing more while waiting for others to finish. They knew when it was their turn to use the playground and were excited to do so. I think they enjoyed the competition with their peers and being out of the classroom – in which many hours were spent with few niceties to break up the day. Very much enjoyed!

“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.

“Taking part in a whole school initiative was super. Staff enjoyed taking the children out – particularly as we working in bubbles. It allowed a different kind of outdoor break, a structured break. All staff appreciated the activity and were pleased with how the pupils participated. The school as a whole benefitted from it. Children were definitely a little fitter and returned to their classes ready to work again”.

“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”.

“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”.

ACTIVE ADULTS

- To engage the older generation into sport and physical activity, to positively impact on their health and wellbeing
- Targeting the inactive and those with low participation levels

Covid 19 has negatively impacted on the delivery of projects targeting adults and the Older Generation Plan due to the pandemic, with all community facilities closing and group activities not being allowed due to restrictions in place. Despite this, progress has been made as follows:

- An online consultation process has been undertaken with residents aged 50+ to gain a better understanding of our 50+ population and their needs, wants and barriers to participating in physical activity within the Vale of Glamorgan. 205 residents completed the survey. Due to the lockdown restrictions in place, an online process was the only method available at the time to gather information. It is acknowledged that this is not the ideal mechanism with the age group targeted, especially in that some of the target group would need support to complete the survey and some do not have online access. Therefore, other methods such as face to face, coffee mornings, forums etc will take place once it is safe to do so. A report has been produced regarding the consultation and the findings to date have been used to help shape actions.
- The initiation of the 60 Plus Leisure Scheme in January 2021, which is a national pilot scheme targeted at residents age 60+ who are inactive or the least active. 3 new live virtual classes developed - Mature in Motion (14 participants), Creative Dance (19 participants including residents from Ty Dewi Residential Home) and Tai chi (9 participants). Partners include Motion Control Dance, 50+ Forum, Age Concern, Residential Homes, Living Streets, Housing Associations and community groups. See below case study for impact to date.
- Funding secured via Public Health Prevention Funding and Sport Wales to appoint an Officer in 2021 – 2022 period whose focus will be on increasing participation levels amongst adults and leading on the 60 Plus Leisure scheme.
- Following consultation with residents in Penarth, 2 Park to Park walk leaflets were created for Penarth and Barry, highlighting accessible pathways/routes and areas of interest within and between parks in the local area. A Rural Vale information flyer was also produced. These are available in hard copy and to download via the Healthy Living Team webpage.
- The Hindu Cohesion Mandal group have been supported following discussions around low physical activity uptake by women within this group and the barriers they faced. Consultation was undertaken to determine appropriate activities and as a result two dance taster sessions were delivered attracting 8 women led by a local group where ladies could continue with sessions if interested. Although the numbers were small, it was important to note that 60% of the participants did not take part in physical activity on a regular basis prior to the sessions, and they felt that virtual sessions provided an appropriate platform as

removed some barriers (mixed activities etc). As a result of the sessions 100% of participants felt happier / enjoyed sessions and 100% felt motivated to take part in more physical activity. The group also received fitness equipment such as yoga mats and resistance bands, as well as badminton equipment to assist them in delivery of face to face activities when restrictions allow. Further support has been offered.

- A corporate well-being group was formed consisting of representatives from Healthy Living Team, HR, Health & Safety, Occupational Health, Development & Training and the Mental Health champions to consider staff wellbeing, which included their physical wellbeing. As a result awareness around the benefits of physical activity for both mental and physical health was promoted via Council intranet pages, as well as increasing awareness around activities appropriate to undertake during lockdown restrictions. A virtual digital delivery offer was also developed and resources were pooled to offer a wider programme. 4 weekly live yoga and fitness sessions were offered on a weekly basis to staff as well as pre-recorded videos for staff to access at time relevant to them. The Exercise Referral staff also provided live sessions, pre-recorded sessions and developed e.g. stretching videos to support those working from home. It was identified that there was a need to engage further with some staff to improve well-being, particularly individuals referred to occupational health during lockdown. Therefore, online sessions delivered by the Exercise Referral Team were promoted directly to this group via the Occupational Health nurse. Ongoing consultation taking place and physical activity integral part of 'Your wellbeing' corporate programme. To date 35 sessions have been delivered with approx. 374 participations. At least 41% of these participants were new to activity. 97% enjoyed the sessions, rating them 4 or 5 out of 5. Feedback around impact included:

"I am really enjoying the sessions. They make a difference to me both physically and psychologically".

"These sessions really do get rid of the midweek hump. They are always pitched well and feel like I have had a good workout".

"I have to say I have thoroughly enjoyed the sessions. It is a great workout and has definitely kept me motivated".

CASE STUDY – 60 PLUS LEISURE SCHEME

As part of the Welsh Government's Healthy Weight Healthy Wales (HWHW) Action Plan 2020-2022, Sport Wales is overseeing a pilot national leisure offer for over 60s, the 60 Plus Offer, which aims to encourage physical activity and healthy lifestyle choices and contribute to the reduction of health inequalities and reduce social isolation amongst the local 60 plus population that are currently inactive or the least active. Within the Vale of Glamorgan this pilot project is being managed by the Council's Healthy Living Team, who are collaborating with a variety of internal and external partners including Vale 50+ Forum, residential homes, Living Streets, Legacy Leisure, community groups and local activity providers such as Motion Control Dance and Valeways.

Whilst Covid has prevented the delivery of face to face activity, progress has been made with developing virtual, online activities. This has not been a straight forward process as many of the target group have required support to access via online platforms, however with support from the Healthy Living Team and Motion Control Dance, who have delivered the activity, the programme is positively developing with 3 new sessions developed (Mature in Motion, Creative Dance, Tai Chi) attracting 41 participants to date. As this is a national programme specific evaluation data has to be collected in an attempt to establish whether the project is making an impact on the participants. Data around impact on confidence to participate, participation levels and wellbeing are being measured via pre and post surveys, in addition to the collation of case studies. Due to the delay in project commencement caused by Covid, the first set of pilot sessions had not finished by 31/3/21 so full impact has not yet been measured, however initial feedback includes:

Just to say a big thank you for setting up these classes. I am enjoying them so much and I feel as if I have re-entered a world that has been unavailable for so long. I lost my husband to MND, moved and then was smitten by this stenosis of my spine which has altered my mobility a lot so to have these two classes is a sanity saver. They are also giving me hope that my stiffness can be overcome to some extent. I hope that the pilots will be successful and that the classes will be continued. Thanks again.
Feedback from a participant in Creative Dance / Tai Chi session

"Thank you so much – I have absolutely loved moving to music and it has brought me happiness today which helps me with loss of husband"

"I loved using the scarf today as I found I had a better range of movement".
Feedback from participants in Creative Dance sessions:

"All the residents really enjoyed the session and are looking forward to next week. It was so lovely for me to see them all having such a good time and we put a short video and pictures on our facebook page for their family and friends to enjoy."

Feedback from first virtual dance session delivered to residents living in Ty Dewi Sant Residential Home

Due to the group this project is targeted at, there are a variety of barriers to participation that have to be considered including the ability to travel to activity, confidence to attend a new activity and new environment, and a belief that they are able to participate. The nature of this project means that these barriers can be considered and adaptations put in place where feasible. Once such example is a local resident who wanted to participate in the pilot virtual sessions programme but indicated that she couldn't attend the online sessions as her husband had Alzheimer's and she was the sole carer. She was worried that her husband would become upset whilst she was undertaking the activity and did not feel comfortable with this potentially happening in front of other people. To overcome this, it was arranged for

the sessions to be recorded with a link to the recording sent to the resident so they could participate in the session at a convenient time. This has enabled her to become involved and has overcome that barrier to participation.

ACTIVE COMMUNITIES

- *A network of inclusive, thriving clubs and organisations delivering quality opportunities to increase regular participation*
- *Exploiting the diverse natural and built environment to encourage more informal physical activity opportunities*
- Healthy Living Team have been assisting Sport Wales in assessing Be Active Funding applications from Vale sports clubs and organisations, which aimed to support them to survive the impact of Covid, to safely reintroduce activity once restrictions allowed and to further develop opportunities. The team has promoted the scheme amongst clubs and offered support to complete applications where required. To date 35 organisations from the Vale have been successful in securing £224,599 from the funding stream.
- 13 clubs were awarded funding through the Letter to Santa scheme supporting the development of more than 40 coaches and leaders.
- 26 clubs became involved in the Club Profile promotional campaign to raise awareness of local opportunities available following Covid impacting on activity. This also helped to provide residents with information regarding the measures local clubs have put in place to provide Covid safe environments, with the aim of assisting in raising confidence amongst the public to return to activity.
- Vale on the Move social media campaign to raise awareness of the importance of and benefits from participating in physical activity with a reach of over 3480 residents via social media. This was also supported with the creation of a Family Engagement pack. See case study below.
- Wellbeing Walks – a series of themed walks have been created encouraging families to utilise their 'local exercise time' during and post lockdown effectively. Walks included ideas that incorporated fundamental skills and play activities. They have been promoted via social media and also included on the website. A new Wellbeing Walks webpage has been created on the Healthy Living Team section of the Vale of Glamorgan Council website which pulls together walking information including the themed Wellbeing walks, augmented reality walks, walking trails previously created by other partners and links to the local Ramblers and Valeways groups.
<https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Family-Well-being-Walks/Wellbeing-Walks-in-the-Vale.aspx>
- Working in collaboration with colleagues from the Central South Area, a virtual summer programme of sport and physical activity was created targeting disabled people. Each authority provided two virtual sessions per week which then created a timetable of events that provided 10 sessions a week. This resulted in an average of 216 views per session. The collaborative approach reduced costs, expanded the offer and allowed for shared experience around reaching audiences online.
- The Healthy Living Team, Cardiff Council, Cardiff Met and Cardiff and Vale University Health Board have worked collaboratively with external partners to map the physical

activity system across Cardiff and the Vale to help shape the development of future plans.

- The Healthy Living Team have continued to support the development of local running groups to facilitate more Vale residents to access no cost/low cost, informal running opportunities to increase physical activity levels amongst adults. 5 running groups have been supported to develop 10 new run leaders and 7 new run coaches. 10 leaders have also been supported through safeguarding training, 5 through Inclusion / Mental Health training and 5 through first aid training. Even though the leaders have not been able to fully impact their groups programmes due to Covid restrictions, 100% of respondents have reported an increase in confidence and an increased knowledge to deliver appropriate sessions for members. See below for case study.

CASE STUDY
VALE ON THE MOVE - THE IMPACT OF FAMILY / ADULT CHALLENGES

The Vale on the Move social media campaign raised awareness around the importance of and benefits gained from participating in physical activity. The social media posts reached over 3,480 residents.

Residents were invited to join in with the challenges set. 149 people participated in the Join in January Mile a Day challenge and the Fit in February challenge. 25% of the individuals taking part in the challenges were not previously active. As a result of participating...



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



68% of residents taking part felt healthier

But what did it really mean to 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!

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

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

CASE STUDY – RUNNING GROUPS

Beyond Running Fitness

This new group have been successful in developing two morning sessions, two evening sessions and weekend sessions (whilst Parkrun not available) attracting approximately 60 participants aged 19-68 years. They are developing as an inclusive club supporting a member with Cerebral Palsy and hope to expand this support to other impairments when further leaders are trained. These sessions have been face to face when appropriate or virtual support. 9 people were involved in a new virtual Couch to 5k and for most, have never done anything similar before. The group were trialling different means of engaging with participants until they found a platform that worked for both leaders and runners. As a result of interest in this programme and to cater for those with limited running experience / fitness, the group have developed a walk/ walk faster option. This has been particularly successful in engaging new female participants who want to progress next to the Couch to 5k. The group have also been instrumental in matching local participants to support each other during runs (in line with COVID restrictions) which participants have fed back they have found invaluable. In the longer term the group also wish to develop opportunities to support people with mental health / stress / anxiety etc for which they have already attended Mental Health awareness training and Inclusion training organised by the Healthy Living Team (something that will be welcomed post COVID).

Vale Runners

Vale Runners is another 'newly' formed group in the past year which now has upwards of 300 members. Although the clubs' plans have been impacted by COVID, the group have been pro-active in selecting leaders appropriate to the needs of their members. Whilst wanting to attract new members to the group, they were also mindful that there was a core group of already established runners who would be benefit from a more tailored programme. The group therefore selected individuals to put forward for training based on their background/ interests etc and have subsequently now qualified new leader to lead more established runners to their next step alongside a new leader who will lead Couch to 5k to attract new members.

ACTIVE LEARNING

- *Vale Active Learning Pathway – developing a coach, volunteer & leadership pathway*
- *Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive sport and physical activity opportunities*

Developing community coaches and volunteers:

- Creating Confident Coaches Project - providing accredited and non-accredited training opportunities to community coaches, volunteers and paid personnel to support the development of quality clubs. 119 participants attended 15 courses from 30 different clubs/organisations. See case study below.
- Promotion of Covid Awareness Training for Leisure settings to support clubs and organisations in providing safe environments when returning to activity.
- As a result of leadership training for both adults and young people (not including the courses within the Creating Confident Coaches project), 234 leaders / ambassadors attended 34 individual training courses / workshops contributing 946 training hours. The courses impacted on at least 28 organisations with a total of 318 training opportunities.
- 13 young people were selected onto the Coaches of the Future scheme which provides training and mentoring to build their confidence and competence as Sports Leaders, providing personal growth and providing a workforce and role models within their schools and community clubs. Between them the candidates attended 66 training opportunities including Level 2 Sports Leadership training, Safeguarding, First Aid and Disability Inclusion courses, and have / will also be supported to attend a Level 1 / Level 2 NGB qualification. There have been limited opportunities for the young people to deliver within their schools or community settings to date due to Covid. However where possible, they have supported 5x60 programmes within their schools, or continued to undertake their voluntary coaching roles within their clubs. There have been excellent outcomes from COTF candidates supporting Multisport events. This project helps remove the significant financial barriers to individuals who would like to obtain their coaching qualifications.
- Adaptation of the Silver Young Ambassador scheme, moving to virtual delivery due to COVID 19. The Silver Young Ambassador project aims to provide a pathway for young people from year 9 upwards to become leaders through sport and physical activity. 18 pupils from 5 schools were selected onto the scheme. They have been involved in workshops, received mentoring and have been actively involved in developing new ideas to share via social media to encourage increased participation in sport and physical activity. Confidence in the Silver Young Ambassadors has grown since the beginning of the programme. with many respondents progressing from being either 'a little bit confident' to 'confident' or 'very confident'. All respondents fed back that they feel motivated to inspire others to take part in extra-curricular activity. Feedback on the Silver Young Ambassador experience so far include:

"I have enjoyed learning & engaging with new people. I've enjoyed contributing my ideas"

"A chance to help people search for that thing that they enjoy"

"I have enjoyed it, but I think I'd enjoy it more if it were in person"

- 60 primary age pupils have attended Admiral Play Together training to raise awareness around inclusion and to provide ideas on how to include their disabled peers in activities.
- Delivery of a Go Lead course within Cowbridge Comprehensive.
- A Disability Inclusion Training course was organised by the Healthy Living Teams lead for Coach Education where free spaces were offered to Legacy Leisure Staff. Six members of staff attended the training course, covering all 4 main leisure centre sites in the Vale.
- A "How to make your club more inclusive" workshop was delivered which gave local sport clubs advice on how to adapt their sessions. This was followed up by a insport club forum for disability sport clubs in the Vale. A disability sport forum was held that targeted disabled people and their families along with sport clubs and local disability organisations. Further actions have been identified as a result of these to be progressed.

Supporting and developing teaching staff:

- Real PE - is a unique, child centred approach delivered by Create Development that provides PE training support to include, challenge and support every child. The Healthy Living Team supported 7 schools to receive Real PE via whole school training and a further 2 supported for further subject leader training. Due to Covid the impact of the scheme cannot yet be measured however areas that are going to be measured include the % of schools who saw an increase in teacher confidence , % in pupil confidence and % of schools with increase in pupils enjoyment of PE.
- Disability Inclusion - Vale schools responded to a survey to gather information on whether schools would like resources to support inclusive PE lessons. When asked what their biggest challenge was when it came to delivering inclusive PE, the responses could be grouped into 3 main groups: Knowledge of staff; Equipment; Resources. When asked what support they would need to include disabled pupils; the top answers were: Inclusive PE Activities (28.8%); Inclusive Sessions linked to the new Curriculum (21.2%); Knowledge on Adapting Activities (19.2%). 96% of respondents said they would be interested in Active Kids 4 All inclusion training (AK4A) with 49% saying the whole school would require training and 47% saying the need for individual training. 73% of Primary schools said they would like to have Admiral Play Together training with a further 11.8% asking for more information about the course. 71% of secondary schools said they would like inclusion training aimed at their pupils with a further 9.5% asking for more information. This information is being used to help steer actions within the disability sport plan. To date an AK4A course has been organised, attended by 14 members of staff from 9 schools. The course offers knowledge on how to adapt activities to include disabled pupils as well as offering resource cards that can give school staff ideas on what type of adaptations they can make to certain activities. 3 schools have also been supported to purchase adaptive equipment to support inclusion.

CASE STUDY – CREATING CONFIDENT COACHES

This project provides accredited and non-accredited training opportunities to community coaches, club volunteers and paid personnel to support the development of quality clubs and enhance delivery. There was a delay in the roll out of this project as all delivery partners had to adapt their courses to an online format. In addition to the Healthy Living Team, 6 organisations were involved in the project: UK Coaching; Glamorgan Voluntary Services; First Aid Supplies & Training; Disability Sport Wales; MIND; Street Games. Consultation took place with local clubs and organisations to establish what courses were required.

There was a period of transition for participants moving from face to face delivery to an online delivery platform. Some coaches and volunteers were not comfortable with this new way of delivery and it took time for them to settle into this new learning method. However overall attendance on courses was very positive and the online platform for the coach education courses has enabled more availability of courses, more variety and enabled attendance by some individuals who previously could not attend due to time, work or travel restrictions.

How well did we do and what difference did it make?

- 119 participants from 30 clubs / organisations attended the 15 courses.
- Courses included Safeguarding for coaches aged 16-18; Sharing Good Practises; Core Strength; Managing Challenging Behaviour; Getting Fit for Funding; Introduction to Social Media; Introduction to GDPR; Managing Volunteers; Mental Health Awareness; Disability Inclusion
- 97% enjoyed the courses
- 91% felt the course had been very much of benefit to them

Feedback from the participants include:

“Gave more confidence in dealing with safeguarding situations and more insight to protecting the people in my training sessions”.

“It was very informative and provided new ideas in which you can improve your coaching”.

“It was really useful and will 100% help with sports coaching and improving in it”.

“I am now able to go to my sessions confident that I am doing the right thing to help the children gain interest and skills in rugby”.

“There wasn't too many people so everyone was able to voice their experiences and thoughts”.

“Was very useful, I got loads of information out of it, the fact that it was online was the only issue I had but obviously that isn't a fault of the course but I would prefer to have learnt this in person”.

Appendix B

Report on the Progress of the Vale of Glamorgan Play Action Plan October 2020 – March 2021

Action Ref	Criteria / Priorities	Targets	Resources	Objectives achieved / Progress during 2020 - 2021 Red / Amber / Green rating with explanation if red or amber	Action to be carried over to 2021 – 2022 plan
<p>General note Due to the restrictions in place as a result of the Covid pandemic, whilst projects have been progressed as indicated below, there have been delays to the projects so it is anticipated that a number of these will be carried over into the 2021 / 2022 period. Whilst the projects funded through the Welsh Government play funding have been progressed and completed as indicated below, the full impact of this funding has not yet been realised as the majority of community projects have not been able to run. However, it is expected that this investment will make a huge difference in relation to increasing access to and the quality of play opportunities moving forward once restrictions relax, positively impacting on health and wellbeing amongst children, young people and their families.</p>					
Matter A: Population					
No actions					
Matter B: Providing for Diverse Needs					
B1	Increasing the amount of and access to play opportunities in rural areas.	<p>Council departments including the Healthy Living Team, planning department and parks department to work with Community Councils, residents and other appropriate organisations in rural areas to undertake consultation to inform future planning.</p> <p>Projects to be undertaken in 2 villages (Wick & Dinas Powys) to include completion of consultation, community profile and creation of action plan.</p>	<p><i>Lead: Play Dev Team</i> Existing Officer time</p> <p>LA funding</p> <p>£2667 Welsh Government Play Capital</p> <p>HAF project funded via Sport Wales</p>	<p>This action is still progressing. Dinas Powys and Wick have both been used as pilot areas to undertake consultation, working alongside both Community Council's as well as working with Wick Youth Club and United Welsh Housing to find out what the local community wants.</p> <p>Healthy, Active and Outdoor sessions were delivered during the summer school holidays in Dinas Powys as a partnership between the Play Development Team, Sports Development team and United Welsh Housing Association who identified anti-social behaviour within a community in Dinas Powys, alongside a growing friction</p>	Yes

		<p>Town & Community Councils are supported to increase access to play in their communities through access to Play Capital funding.</p>	<p>between Housing Association tenants and private tenants on a new estate in the same community. Play activities were delivered alongside physical activities/sports providing an opportunity to expose the participants to new activities, increasing their confidence to participate and improving fundamental skills of children and young people. Also delivered family-based activity in Wick in partnership with Wick Community Council to support children to access activity where it was recognised there had been no/low social interaction due to Covid.</p> <p>The HAF funded Play Ambassadors project led by Play Wales has engaged in both communities with a Play Ambassador identified in each area. They have received Introduction to Playwork training. They will be engaged in delivery once Covid restrictions allow.</p> <p>Covid has restricted progress in developing the community Secret Garden/play space at Caerleon Road, Dinas Powys. However, consultation has taken place and some work has recently commenced which includes planting of fruit trees (see action C8).</p> <p>Wick Community Council were supported with funding via the All Wales Play Opportunities Grant to purchase equipment including gazebos, portable floodlights, den building and portable fire pit to support outdoor play activities. This has enabled them to expand and enhance their "Play Pod" of equipment purchased previously from play funding. Initial plans to deliver play opportunities through the winter months were hindered due to the lockdown and restrictions. The recent relaxation of the rules has permitted organised outdoor activities for young people so the community have now started to use the</p>	
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				<p>equipment. The gazebos have been used to provide shelter for activities in the cold weather and all of the equipment has been welcomed by the community.</p> <p>Wick Youth Club run regular play sessions and is working with Play Wales to develop a Play Ambassadors Scheme. With a new housing development now fully occupied the Wick Youth Club will extend their age range and reach, including core surrounding villages so anticipate an increase in participants to around 100.</p>	
B2	<p>Increasing access to play opportunities for disabled children and young people.</p>	<p>The Families First Holiday scheme and Teenscheme is delivered during school holidays providing a bespoke service to cater for the differing needs of disabled children and young people.</p> <p>Inclusion play opportunities are available through project such as the Vale Play Pavilion and open access schemes.</p> <p>The Index newsletter to continue to be distributed on a quarterly basis to families and professionals working with families of disabled children and young people, as a tool to disseminate relevant information.</p>	<p><i>Lead: Healthy Living Team / Index Officer</i></p> <p>Existing Officer time</p> <p>Existing funding through Disability Strand element of Families First Funding</p>	<p>It has been a difficult year for the FFHC with delivery of the scheme impacted across the year by Covid. Due to lockdown/restrictions, provision was not delivered in Easter/May half term 2020. However, schemes did take place during the summer, October & February half term and Easter 2021, albeit in different formats to usual. Attendance was not as high as in previous years for a variety of reasons including some regular participants shielding, the inability to secure a nurse to support children requiring medical support and the restrictions in place within the FFHC setting (Ysgol Y Deri) which meant that the venue could not be accessed at times and at other times, only YYD pupils were able to attend the setting. Despite these ongoing difficulties the project lead has worked with the partners and families to ensure that wherever possible children were still able to access quality play opportunities during this difficult time, also providing valuable support to families. 24 days of provision were delivered with statistics as follows:</p>	<p>Yes – ongoing action</p>

Date	Attendance	Participation	Venue
Easter 2020	-	Unable to run	N/A
May 2020	-	Unable to run	N/A
Summer 2020	52	430	YYD
October 2020	7	14	Vale play Pavilion Bryn y Don
February 2021	18	32	YYD
Easter 2021	10 (15)	18 (21)	YYD + 5 attending Vale Play Pavilion

Adaptations to the project have included linking some FFHC participants into the Vale Play Pavilion provision when they were not able to access the FFHC at YYD. Whilst this was not suitable for all children, the children who were able to attend received many benefits with positive feedback provided. A case study includes:

- Child A – has never attended any clubs/activities outside of school. Their first introduction to independent play was during the summer at FFHC in the YYD setting. The YYD setting was not available in October so Child A was integrated within the mainstream Vale Play Pavilion setting alongside both disabled and non-disabled children. They returned to the YYD setting in February before being reintroduced back into the Vale Play Pavilion in Easter. It was a positive experience within the mainstream setting. The family now know that child A is able to integrate into a mainstream setting with the correct support, opening up more opportunities for child A to play whilst providing support to the family.

				<p>The delivery of the FFHC has been very welcome during the past year with families appreciating the support provided, especially for those children who were unable to access any support when schools were closed. When children were not able to attend scheme, the play team supported access to activity at home where possible and distributed 'Lockdown Champions' packs to identified children.</p> <p>Moving forward, given difficulties with accessing the venue for the FFHC in the past year, consideration is being given to alternatives in an attempt to limit the impact of any future restrictions on access to the facility.</p> <p>Welsh Government Play Funding has been used to purchase cleaning products, personal care products and first aid kit to support future schemes.</p> <p>The Index newsletter has continued to be a useful avenue to promote the FFHC and the play opportunities available to disabled children. 4 Index newsletters were produced in 20-21:</p> <ul style="list-style-type: none">• July 2020 – included the FF Holiday Club, Lockdown Champion Certificate, National Play Day, Play To Go Takeaway Menu, Play in a Pandemic Survey, Healthy, Active and At Home Activities.• October 2020 – FF Holiday Club for Half Term and feedback from summer holiday club• January 2021 – FF Holiday Club for Feb Half Term. Vale Play Team projects funded by WG All Wales Play Opportunities Grant. Vale Play Team new Facebook page.• March 2021 – FF Holiday Club for Easter. Q&A video with Jo Jones discussing the FF Holiday Club and community play provision	
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B3	Increasing opportunities for children to access play through the medium of Welsh.	<p>The Local Authority to continue the partnership with Menter Bro Morgannwg.</p> <p>Increase the opportunities available for Welsh medium play provision through the expansion of the Bwrlwm open access project to include weekend provision.</p> <p>Increase awareness and promotion of the opportunities available for play through the medium of Welsh through the purchase of promotional equipment to be used at sessions and events.</p>	<p><i>Lead: Menter Bro Morgannwg</i></p> <p>Existing & additional resources - Equalities budget & £4416.96 Welsh Government Play Capital & additional Revenue Funding</p>	<p>Menter Bro Morgannwg were supported through the Welsh Government Play funding to pilot new Bwrlwm sessions on the weekend and to purchase additional resources for their programme. Unfortunately due to Covid restrictions the Bwrlwm sessions could not be delivered, however the funding was used to enhance the future Bwrlwm open access provision delivered to children under the age of 11 providing resources that will enable the sessions to take place regardless of the weather and to raise awareness of the provision/Menter Bro Morgannwg through the purchasing of branded promotional items including:</p> <ul style="list-style-type: none"> • Wet weather gear and uniforms for staff • Branded durable Gazebo • Branded pop up banner • Branded counter to house scheme paperwork and awareness raising literature • Community boxes provided by Recreate Scrapstore to support loose parts play and tools • First Aid training for staff • Safeguarding training for staff • Purchase of outdoor play equipment to expand the range of opportunities available including den building kits, arts and crafts equipment, and a tent. <p>As face to face sessions could not be delivered, Menter Bro Morgannwg ran weekly digital play sessions providing children with the opportunity to continue to play games and socialise through the Welsh language.</p> <p>A virtual National Play Day was held in partnership with Menter Bro Morgannwg.</p>	Yes – ongoing project
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Matter C: Space Available for Children to Play					
C1	<p>Increase awareness regarding the accessible fixed play equipment in local parks.</p> <p>Update information on the Council website and the internal record database of all designated play spaces to highlight those play spaces which have inclusive equipment accessible to disabled children and those with limited mobility.</p>	<p>Up to date information is available online to increase access to fixed play equipment for disabled children.</p> <p>Information is shared directly to the relevant families via the Index.</p>	<p><i>Lead: Parks & Open Spaces Officer</i></p> <p>Existing resources – Officer time</p>	<p>New NSO asset management system purchased for 201/22 – this will enable all assets (including individual play equipment) to be mapped / located / managed in a more streamlined way. This new system will enable us to have a map based system (similar to the VoGC planning portal) that will be public facing platform that assets can be searched / identified. Play areas are within phase two of this implementation plan which will commence later this year. When mapping this equipment, we will ensure that the accessibility of the fixed play will be highlighted / noted and searchable.</p>	Yes
C4	<p>The Councils Neighbourhood Services Team / S106 Officer and Landscape Officer communicate with Town & Community Councils about fixed play needs to aid the process if funding is identified for a specific area through e.g. S106 funding.</p>	<p>Play spaces in the following areas to be improved via Welsh Government Play Capital funding:</p> <ul style="list-style-type: none"> • Trehngyll • Llanblethian Playing Field • King George V Memorial Playing Field • Cemetery Approach Community Space • Treoes Play Area • Aberthaw Play Area <p>There are improved fixed play areas in identified areas where S106 funding is available (within this timeframe – consultation on the Penarth Belle Vue Play space). Town & Community Councils and</p>	<p>Lead: Neighbourhood Services Team / S106 Officer and Landscape Officer alongside Town & Community Councils</p> <p>Existing resource – Council budget</p> <p>S106 funding</p> <p>£77,501 Welsh Government Play Capital Funding</p>	<p>Funding was provided via the Welsh Government Play Capital Grant to the following organisations to enhance fixed play equipment in local parks. Please see Capital Report regarding outcomes of the project.</p> <ul style="list-style-type: none"> • Penllyn Community Council - upgrading of play equipment at Well Green in the village of Trehngyll • Cowbridge with Llanblethian Town Council – pooled with other funding to replace dated and unsafe play equipment at Llanblethian Playing Fields. In order to increase accessibility and inclusivity, a basket swing has been purchased to support inclusion of disabled children. • Llandough Community Council – contribution to installation of a new inclusive Spiro Whirl 	Yes – ongoing action

		<p>local residents are involved in the consultation process when planning new or upgraded fixed play spaces.</p>		<p>Roundabout (accessible to wheelchair users) at King George V Memorial Playing Field</p> <ul style="list-style-type: none"> • Vale of Glamorgan Council - contribution towards upgrading equipment at Aberthaw Play area and contribution towards renewal of Treoes Play area. The equipment for Aberthaw has been purchased but not yet installed. <p>Funding was allocated to Barry Town Council to introduce a new sensory garden section at the New Cemetery Approach Community Hall. Barry Town Council did not progress with this project.</p> <p>Since 1st April 2019 the below schemes have been implemented with consultation exercises undertaken for each to engage with the local community, T&C councils, elected members and community groups to guide the needs and requirements to ensure the final scheme meets the needs of the community:</p> <ul style="list-style-type: none"> • Golden Gates – Penarth - upgrading the equipped play area • New concrete skate park at Cogan Playing Fields, Penarth • Highlight Park- Barry - upgrading the equipped play area • The Murch – Dinas Powys - upgrading and expanding the equipped play area • Twyn Yr Oden – Wenvoe (CC land) - upgrading the equipped play area • The Grange – Wenvoe - upgrading and expanding the equipped play area • New multi-use games area at King George V Playing Fields (also known as Lewis Playing Fields), Llandough; • Colwinston – Colwinston - upgrading the equipped play area • New interactive electronic play arch 'Sona' machine installed at Central Park, Barry 	
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				<ul style="list-style-type: none"> • Ystradowen – led by the community association • Cosmeston <p>Future consultation to include Belle View Play area.</p>	
C6 (1)	<p>Increase awareness regarding the spaces where children play and make it safer for children to play. Investigate the potential to use temporary 'Children Playing' signage in areas where traffic has been identified as an issue. Increase awareness regarding the spaces where children play and make it safer for children to play.</p> <p>This action also links to E1& F1 in relation to safe routes to play space and safety whilst playing.</p>	<p>Raise awareness of the play opportunities that can be undertaken within an identified area / community using the natural outdoor environment, and the fixed play and recreational equipment available in the parks and open spaces.</p> <p>In conjunction with children, undertake a pilot community mapping exercise in a local area, identifying the different places and spaces in that area where children can play and provide examples of activities that could be undertaken. Develop a promotional video illustrating safe space to play in that area.</p> <p>Utilise 'Children Playing' signage in areas where schemes are being delivered to raise awareness amongst drivers of spaces in which community play provision is being delivered.</p>	<p>Lead: Healthy Living Team</p> <p>Officer time - funded through Children & Communities grant</p> <p>£1301.61 Welsh Government Play Capital Funding</p>	<p>Covid restrictions have impacted on the development of this project. However, some progress has been made. A community mapping document is being developed electronically using Google Maps to act as a visual tool for identifying spaces and places to play. The aim is for this to be a working document that partners can contribute to in order to have an accessible tool illustrating what opportunities are available in the Vale.</p> <p>Welsh Government Play Funding has been used to purchase:</p> <ul style="list-style-type: none"> • Go Pro Cameras & Accessories Pack – as restrictions begin to ease, action cameras will be used by families / children / groups in order to document travel routes to play spaces and to video local community play spaces from a child's perspective, highlighting spaces to play and how children travel to play • 11 x 'Children Playing' signs – these will be used by the Healthy Living team when delivering community play/events and will also be available for community groups to use when delivering play activities/events/street play. <p>The Play Development Team are working with 21st Century Schools to share resources around mapping in and around schools, including the natural environment and fixed equipment.</p>	Yes

C6 (2)	Increase awareness regarding the spaces where children play and make it safer for children to play.	Develop the back of Romilly Park, Barry to make it more accessible and a usable play space through the creation of Willow structures and a pathway to make play spaces within the park more accessible.	<p>Lead: Parks & Open Spaces Officer / Senior Healthy Living Officer (Play)</p> <p>Officer time – existing resources</p> <p>Welsh Government Play Capital Funding - £5032.27</p> <p>S106 funding</p>	<p>A new bark pathway has been created making the area of the park more accessible whilst being in keeping with the natural look of the park. The new pathway provides a more accessible way to access the space where some new willow structures have been created alongside the wooded space/stream.</p> <p>A willow structure was previously built at Romilly Park funded through Welsh Government play funding. This has been extremely popular so additional structures have been created in the park with the new pathway helping access to some of these structures. The new structures (Domes and walkways) have been created as a partnership between the Play Team, Parks department and a local willow weaver. These are already proving popular with the children and families who visit the park. There has been a noticeable increase in number of visitors exploring the new areas accessed by the new woodland walkway and an increase in family groups accessing both willow villages and staying for picnics. Positive feedback has been received by on-site staff during the construction of the willow structures and since their completion.</p> <p>Once Covid rules permit, willow weaving classes will be held with families (funded through other sources). A willow farm has also been planted to enable further willow to be harvested.</p> <p>Through previous Welsh Government funding an interactive, augmented reality tree trial / knowledge base / interactive game was created (Cyril the Squirrel), which is very popular. However, the trees at the back of the park were not accessible to all due to the topography. The new pathway will support more access.</p>	No
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				Equipment purchased to support this project will also be used by local volunteers and staff moving forward who will help maintain and further improve these spaces.	
C7	Support participation in outdoor play in all weathers through the creation of wooden gazebo structures in Pencoedtre, 'The Dump' Salisbury Road and Romilly Park.	<p>The structures will be used as a base from which to run open access play provision and family sessions.</p> <p>Local community make use of the structures for play purposes.</p>	<p><i>Lead: Parks & Open Spaces Officer / Senior Healthy Living Officer (Play)</i></p> <p>Officer time – existing resources</p> <p>Welsh Government Play Capital Funding - £6000</p>	Gazebos have been identified and ordered, but due to supply delays, they have not yet been received. This project will be carried over into the 2021 – 2022 period.	Yes
C8	Develop unused spaces in community settings to provide more spaces to play.	An action plan is produced and progress made with the development of the Community Play Hub / Garden in Dinas Powys in conjunction with United Welsh Housing and the local community.	<p><i>Lead: Healthy Living Team</i></p> <p>Officer time – existing resources</p> <p>Resources previously purchased from Welsh Government funding</p>	Covid has impacted on the development of the Secret Garden project, however there has been some progress. Consultation has taken place with the community in relation to the use of the space. There is a keen interest amongst residents and the wider community, and the community is eager to be involved in future developments at the site once restrictions allow. Feedback from one of the children involved in the consultation encapsulates what the project is about. When asked what he would like to do in the space his response was – 'a chair and a pair of binoculars' – as he wants to enjoy the natural environment and wildlife. To support this, 10 fruit trees have been planted and a volunteer from local organisation Seren Gwyrdd has become involved along with Dinas Powys Nature group, who will be assessing the wildlife currently using the space before it is cleared to ensure they are not disturbed and can be part of the natural resource within the space.	Yes

				<p>Due to the positive relationship with United Welsh Housing and the links with the Secret Garden, the Play Team have recently been involved in planting additional saplings to improve the nature in the Caerleon Road estate along with partners from Play Wales and United Welsh Housing.</p> <p>It is hoped that once this pilot is fully underway, further areas will be identified for development e.g. pocket parks / alley gates</p>	
Matter D: Supervised Provision					
D1	<p>Participation in play is recognised as an important contributor to the health and wellbeing of children and young people by the Local Authority. The new Leisure Strategy to be adopted with play incorporated as a key area of contribution.</p>	<p>The Leisure Strategy is adopted by the Local Authority and includes actions relating to play.</p>	<p><i>Lead: Healthy Living Team</i> Officer time Existing resources</p>	<p>Leisure strategy has been adopted, and includes actions relating to play.</p> <p>Play links also included within PSB Move More Eat Well plan with specific reference under the education settings priority, healthy environments and also has links to the physical activity actions. There is reference to play in the Wellbeing Plan 2018 – 2023 with actions linked to outdoor play and street closures to facilitate play. Corporate planning team have indicated they would ensure play and the PSA inform the Well-being Assessment which will be progressed in 2021.</p>	No
D2	<p>Increase availability of open access play opportunities during school holidays through the delivery of inclusive playschemes and Play Ranger sessions.</p> <p>This action also links to B3.</p>	<p>Provision is available as a result of partnership working with Town & Community Councils and other partners.</p> <p>Open access provision to be delivered during February and Easter holidays in identified areas including areas of Barry.</p> <p>Full day provision to be delivered at the Vale Play Pavilion which will be targeted at children identified via</p>	<p>Lead: Healthy Living Officer (Play) / Play Development Worker</p> <p>Officer time – existing resources</p> <p>Children and Communities Grant</p>	<p>Due to COVID-19, unable to run any provision during Easter 2020. Usual extensive summer programme was reduced and resources were heavily invested into the delivery of emergency play provision for vulnerable children via day care provision at Vale Play Pavilion (Bryn Y Don), Families First Holiday Club (at Ysgol Y Deri) & Teenscheme (Rhoose).</p> <p>The Vulnerable Children Tactical Group was created consisting of representatives from the Healthy Living Team, Social Services and the Learning & Skills directorate. Vale Play Pavilion</p>	Yes – ongoing action

		<p>Social Services. Aim for a minimum of three Family Fun Days, two inclusive playschemes and three Play Ranger projects.</p>	<p>Welsh Government Playworks funding</p> <p>Vale Council budget</p>	<p>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. Vale Play Pavilion statistics:</p> <ul style="list-style-type: none">• 135 hours of provision over 27 days• 60 children supported• 458 participations• 43% of children had additional needs• 540 packed lunches provided <p>Play Ranger projects were delivered in Dinas Powys, supported by United Welsh Housing, and in Wick, supported by Wick Community Council resulting in 16 sessions delivered, impacting on over 104 participants resulting in 476 participations. The Vale Youth Service also provided free snacks at the provision.</p> <p>Online Healthy, Active & At Home programme was developed as a partnership between sports and play development to provide ideas for play and physical activity opportunities for families to undertake at home / in local area during the time Covid restrictions in place. Wellbeing Walks encompassing outdoor play and physical activity ideas were also created and promoted.</p> <p>Lockdown Champions” packs distributed to vulnerable families.</p> <p>All physical events were cancelled. A virtual National Play Day was held in partnership with Menter Bro Morgannwg.</p>	
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D3	<p>The Woody Wanderers project is delivered within community settings to increase the number of children and families utilising the natural environment to experience fun, outdoor play activities</p>	<p>Planning to commence for delivery of Woody Wanderers sessions which will be delivered in the new financial year.</p> <p>Aim of 6 weekly sessions to be delivered to 20 people x 6 sets of dates (impacting on 120 people)</p>	<p>Lead: Senior Healthy Living Officer (Play) / Play Development Worker</p> <p>Officer time – funded via Council and Children & Communities Grant</p> <p>Existing equipment</p> <p>Welsh Government Play Capital Grant for wet weather gear & storage container</p>	<p>Planning has commenced with activity planned to take place from June.</p> <p>Welsh Government play funding was used to purchase an outdoor container, wet weather gear including wellies and wet suits to better equip children, adults and staff to play outside in all weather conditions. The gear has been used at the Vale Play Pavilion sessions delivered to date and will be used for future community based Woody Wanderer sessions.</p> <p>The Outdoor Play container is to be relocated to Bryn Y Don where Woody Wanderer sessions are planned.</p>	Yes
Matter E: Charges for Play Provision					
E1	<p>Raise awareness of the play opportunities that can be undertaken free of charge within an identified area / community using the natural outdoor environment, and the fixed play and recreational equipment available in the parks and open spaces</p>	<p>Undertake a pilot community mapping exercise in a local area, identifying the different places and spaces in that area where children can play along with the routes to and from these areas.</p> <p>Provide ideas of activities that could be undertaken within these spaces. The information from the pilot to be accessible on the play website and communicated in the respective</p>	<p><i>Lead: Healthy Living Team</i> <i>Existing resources – Officer time</i> <i>Action cameras to be purchased via Welsh Government Play Capital funding</i></p>	<p>Community mapping document being developed electronically using Google Maps to act as a visual tool for identifying spaces and places to play. The aim is for this to be a working document that partners can contribute to in order to have an accessible tool illustrating what opportunities are available in the Vale.</p> <p>Outdoor Play Steering Group are keen to develop a webpage which provides details of free outdoor play opportunities across the Vale of Glamorgan. This will act as a shared resource for</p>	Yes

	<p>across the Vale.</p> <p>This action also links to C6 & F1</p>	<p>local community. Pilot the use of GIS mapping to map these spaces and ideas online. Information to be accessible via the play website and once the pilot has been successful, will be replicated in other areas.</p>		<p>interdepartmental partnership, and prevent families having to look across multiple sites for this information.</p> <p>Themed Wellbeing Walks activity cards have been produced as a partnership between the Play Development and Sports Development Team. These have provided ideas for fun activities that families can undertaken in their local community. These will shortly be uploaded to the website.</p>	
Matter F: Access to Space / Provision					
F1	<p>Children are supported to safely travel to spaces to play and use fun, active methods to do so.</p> <p>See E1 and C6</p>	<p>See E1 and C6</p>	<p>Lead: Healthy Living Team Existing resources</p>	<p>See actions C6 & E1</p>	
F2	<p>Support residents to play safely in their local communities via the introduction of a Street Play policy for the Vale.</p>	<p>Progress this area of work through the Street Play working group consisting of representatives from Healthy Living Team, Highways, Road Safety, Legal department, Active Travel team and Play Wales. A draft Street Play Policy is produced for consultation. A pilot Street Play session is facilitated in Penarth and potentially also in Barry and a rural Vale setting in the February half term holiday.</p>	<p>Lead: Play Development Worker</p> <p>Officer time - existing resources</p> <p>Welsh Government Play Capital Funding for signage</p> <p>Other equipment through Council budget</p>	<p>A Street Play Working group has been established consisting of representatives from the Play Team, Legal, Highways and Play Wales. They have made progress with developing a Street Play policy for the Vale.</p> <p>Street Play Working Group have all agreed on the feasibility of running a pilot Street Play initiative in Penarth, where a resident has expressed an interest in closing Rectory Lane for a monthly street play session.</p> <p>“Children Playing” signage has been purchased, and Play Wales have resources they are able to provide for the pilot session, including High Vis Jackets and other required safety equipment.</p>	<p>Yes</p>

F3	There is a greater understanding of the impact that traffic and safe routes to play spaces has on children's ability to access quality local play opportunities in the Vale of Glamorgan.	A PSA Workshop is held relating to this area and an overview is produced highlighting potential ways to move forward with this area of work.	<i>Lead: Healthy Living Team</i> Existing resources – Officer time Funding to be identified dependent on actions agreed	Play Wales have delivered a presentation through their involvement in the street play project, and awareness has been raised to local authority partners who impact on this area of work.	No
F4	Increase awareness regarding the range of outdoor play spaces and play opportunities available within the Vale (to also encompass supervised play opportunities delivered by partners including the Healthy Living team, Country Park Rangers and Flying Start). This action is also linked to C6, E1 and F1.	User friendly information is available for residents to promote the outdoor play opportunities available in the Vale. Outdoor Play working group is established to compile information - Initial meeting to discuss plan to be held by end of March.	Lead: Healthy Living Team Existing resources – Officer time Council funding if printed copies of resources required.	Outdoor Play Steering Group established with members of Local Authority: Country Parks, Family Information Service, Flying Start, Parks Team, Heritage Coast, Menter Bro Morgannwg Outdoor Play Steering Group are keen to develop a webpage which provides details of free outdoor play opportunities across the Vale of Glamorgan. This will act as a shared resource for interdepartmental partnership, and prevent families having to look across multiple sites for this information. An initial meeting has taken place with further work to be progressed.	Yes
Matter G: Securing & Developing the Workforce					
G1	Develop the Play infrastructure within the Local Authority, increasing capacity within the Healthy Living Team to enable more strategic development, in addition to more delivery of opportunities.	A Play Development Worker is appointed. The Senior Healthy Living Officer (Play) has more time available to undertake development opportunities.	<i>Lead: Healthy Living Team</i> New resources – Children & Communities Grant	Play Development Worker has been appointed. Covid has prevented realising the full impact of this appointment on service development / delivery but has already made a difference in increasing capacity to progress projects as identified across this progress report.	No

G2	<p>The implementation of the Community Play Ambassadors project to support young people to become 'play ambassadors' through training, qualifications and volunteering opportunities with the aim of facilitating neighbourhood play based interventions to get children active through playing. This will be a cross-county partnership led by Play Wales in collaboration with the Vale of Glamorgan Council, Cardiff Council, Agored Cymru, and the Cardiff & Vale Public Health Team. This will link to positive attitudes to play.</p>	<p>The following are the overall targets for the project, with a focus on the Wick community In the Vale for this time period.</p> <p>50 play ambassadors will obtain playwork training and receive mentoring to be able to deliver quality play opportunities. Outdoor community based play will be facilitated in ten communities to 500 children. These figures are across the Vale of Glamorgan and Cardiff.</p>	<p>Lead: Play Wales</p> <p>Officer time - Play Wales from HAF funding LA existing Officer resources</p> <p>Resources - HAF funding / existing LA resources</p> <p>£2667 for resources for Wick to be funded via Welsh Government Play Capital Funding</p>	<p>Play Wales has delivered an Introduction to Play course in the Vale – approx. 10 attendees. Currently difficult to link volunteers into provision as provision has not been running due to Covid. This will be facilitated when provision resumes.</p> <p>Play Ambassadors have been identified in both Wick and Dinas Powys. Dinas Powys volunteer has completed Playwork Level 2 qualification. Working with Cardiff & Vale College students who will volunteer in the Vale e.g. a volunteer has been identified who would like to support children with additional needs so they will be linked to the Families First Holiday Club.</p> <p>As restrictions begin to ease, Play Ambassadors will be involved in community mapping profiles and play consultations.</p>	Yes
G3	<p>The Vale of Glamorgan Council to work in partnership with Agored Cymru to deliver L2 App playwork training to staff and volunteers working in play and childcare settings across the Vale.</p>	<p>L2App course to be delivered to learners engaged with the Youth Service and Careers Wales by end of February 2021.</p> <p>Learners to become active within settings in the Vale and surrounding area including where relevant, being provided the opportunity to work within the Vale Council holiday programme.</p>	<p>Lead: Healthy Living Team</p> <p>Existing & New resources – Officer time & EYDCP training budget, Welsh Government Play funding where appropriate</p>	<p>L2 App delivered to 8 volunteers who were identified through a partnership with the Youth Service Inspire to Work project, which aims to help people get back into work. The volunteers were going to assist with the February project but restrictions stopped them from doing so. Therefore, the intention is for them to assist in the June half term projects. It is hoped that those who complete the volunteer placement and continue to show an interest will join the Vale Council casual play staff team.</p> <p>Due to Covid, this course was delivered virtually by the Play Team for the first time. It was a learning experience for both the Play staff tutoring the course and the learners. Positive feedback has been received.</p>	Yes

G4	To support the mental health and wellbeing of vulnerable children and young people accessing play provision by providing Mental Health First Aid training to play staff.	8 play staff upskilled and able to support all children whilst accessing provision.	Lead: Healthy Living Team £1370 Welsh Government Play Revenue funding	<p>Mental Health First Aid Training was attended by 12 staff members who work within the Vale Play Pavilion (for children identified through Social Services), the Families First Holiday Club (for disabled children) and community settings. The training will ensure that play staff are well equipped with improved knowledge and awareness of how to support children who require additional support in open access sessions and registered sessions, and will be able to identify what support can be given. All children, regardless of their additional needs can be supported to access play provision and enjoy the benefits of doing so and children who are experiencing ACES can also be supported through play.</p> <p>Positive feedback received regarding the course including the following from a staff member:</p> <p><i>“An extremely valuable course - all staff thoroughly enjoyed participating in a series of engaging sessions. The team have already began implementing the training in their practice with use of the Mental Health First Aid Manual and the introduction of a Wellbeing Log within settings”.</i></p> <p>Welsh Government Play funding was also used to purchase items such as Feelings Kit, Exploring Emotions Kit and Emotion Faces Bean Bags & Cushions to help support children in the play setting who require emotional support. These have already been used with the Vale Play Pavilion setting.</p>	No
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Matter H: Community Engagement & Participation					
H1	<p>Undertake a planned approach to a campaign of promoting:</p> <ul style="list-style-type: none"> - positive attitudes to play - the benefits of play - the range of play opportunities available <p>Support the local authority and its partners to undertake consultation across all areas of the Vale of Glamorgan.</p>	<p>Relaunch play website alongside a campaign to promote low cost / no cost play opportunities.</p> <p>Improve the Play Team's presence on Social Media through the creation of a play specific Facebook page and twitter account which will act as a platform to share useful information with families and professionals.</p> <p>The purchase of a display/exhibition trailer which will be used to undertake consultation in all areas of the Vale and also as a base from which to deliver play sessions in the community. The space to be used as a base for a variety of purposes including:</p> <ul style="list-style-type: none"> • Community consultation around play and S106 consultations which incorporate play spaces. • Awareness raising sessions around the benefits of play and developing positive attitudes around play at events and Family Fun Days. • As a base from which community based play sessions can be led and a visual aid to attract participants. 	<p>Lead: Healthy Living Team</p> <p>£27,000 Welsh Government Play Capital Funding</p>	<p>Play website has been updated to include:</p> <ul style="list-style-type: none"> • Meet Our Team • Play in the Pandemic • Play To Go • Play in the Community • Families First Holiday Club • Join Our Team <p>The Healthy, Active & At Home project provided a series of low cost / no cost activities for families to undertake at home whilst Covid impacted on access to activity. These accompanied the Wellbeing Walks created as mentioned above. These resources will be uploaded to the website to enable free access.</p> <p>The Play To Go Equipment library has been updated and enhanced with a 'Takeaway Menu' completed, providing a range of themed equipment packs and supporting resources available for free hire by community groups or for a small charge for businesses in the Vale of Glamorgan. Stickers and storage boxes have been purchased through Welsh Government Play funding to support the project. Also purchased promotional items such as pens, frisbees and crayons to place in the Play To Go kits and to be distributed to children via Housing Associations and other community partners.</p> <p>The introduction of a stand alone Play Social Media page has created a platform for play opportunities to be shared amongst families and professionals in the Vale and beyond. Posts can still be shared by the longstanding Healthy Living Team Facebook page whilst followers for the Vale Play Team page grow.</p>	<p>Yes – consultation element and continue to utilise social media and website</p>

				<p>A trailer has been purchased through Welsh Government Play funding which has a natural look to fit with the outdoor play theme, which will also be attractive to community members. The space will be used as a base for a variety of purposes including:</p> <ul style="list-style-type: none"> • Community consultation around play and S106 consultations which incorporate play spaces. Community consultations which will help inform the PSA process and planning are being diarised to take place once Covid restrictions allow. • Awareness raising sessions around the benefits of play at events and Family Fun Days. • As a base from which community based play sessions can be led. <p>'Your Community' Roadshows will be taking place across the Vale over the coming months, in partnership with the Vale Family Information Service. Events will be an opportunity to consult with Parents and Carers, as well as promoting the services offered by the Vale Play Team and FIS.</p> <p>A Vale Play Forum will be developed virtually in order to create a platform for families and professionals to come together to discuss play opportunities across the Vale.</p>	
H2	Demonstrate that the local authority is taking into account the information gained from consultations to improve play opportunities available in the Vale of Glamorgan. Increase awareness regarding the play opportunities available across the Vale of Glamorgan.	Produce a 'You Said - We Did' report at end of year to highlight to the public and partners how the plan is working towards overcoming some of the barriers to play raised during consultation	Lead: <i>Principal Healthy Living Officer</i> Existing resources – Officer time	This is currently being produced and will be completed by June 2021	No

Matter I: Play within all relevant policy and implementation agendas					
I1	There is a play champion advocating the importance of play and the impact of play on the health and well-being objectives identified in the Well-Being Plan.	A named person on the Public Service Board is identified who will champion play and ensure that the Play Sufficiency Assessment and Action Plan contributes to and are incorporated within the Wellbeing plan.	<i>Lead: Operational Manager, Healthy Living & Performance Team</i> Officer time – existing resources	There is no named person on the PSB, however play has been included within the PSB Move More Eat Well plan, local authority wellbeing plan and leisure strategy with associated actions so this will be reported against. The corporate strategy team has indicated they will look to ensure PSA is included in future plans	No
I2	Encourage more collaboration in relation to the development and promotion of play opportunities, and a more coordinated approach to tackling priority areas to assist with driving the agenda forward - by re-introducing the Play Sufficiency Steering Group.	The Play Steering Group to help shape future priority actions and identify themes for future PSA workshops. A stronger 'voice for play' is realised and is positively impacting on improving and increasing children's access to quality play opportunities in the Vale. Play Steering Group meeting to take place in January 2021 with discussions around actions to shape 2021 – 2022 plan.	<i>Lead: Principal Healthy Living Officer</i> Officer time - existing resources	Initial Play Steering Group meeting has taken place with future meetings to be planned to assist with this area. Group has agreed the vision and aims for play in the Vale, which have been identified following evaluation of feedback from residents and partners. Further consideration to be given to extending membership of the group where appropriate. Members are those that can positively contribute to the PSA and action plan process. Some members of the group have also been involved in the Play Funding group, which was created to support the appropriate allocation of the Welsh Government Play funding.	Yes
I3	There is an increased understanding of the importance of protecting time for play in schools.	Expand the play opportunities in schools during the lunch breaks via the piloting of the "Parts for Play" Project in 3 schools including All Saints School. Storage containers will be placed in playgrounds and filled with loose parts. School staff to be upskilled to increase understanding of the importance of playtime and how to facilitate quality play.	<i>Lead: Healthy Living team</i> <i>Officer time - existing resources</i> <i>£4953 for storage containers from Welsh Government Play Capital Funding</i>	Welsh Government Play funding was used to purchase 3 collapsible containers. The initial plan was to site these in school grounds. However in the current climate schools are not accepting visitors so there has been no opportunity at present to progress the school element of the project. Moving forward the plan is to site these portable containers in identified communities during the summer to facilitate community play. Following the summer school holidays, seek to progress the school element of the project in communities where there was interest during the school	Yes

		Aim to have these resources available for use by the Play Development Team during school holidays to support the enhancement of the school holiday programme.		holidays, as long as there is support from the local school. The play team will support lunchtime staff and volunteers with training to make the project sustainable.	
I4	There is access to recreational open space and play spaces in new development areas. The planning department to ensure that the policies of the LDP are appropriately implemented on all new developments and provide recreational open space in accordance with the stated adopted standards.	All policies are implemented in accordance with adopted standards.	<i>Lead: Planning Section</i> Officer time – existing resources S106 funding	All policies are implemented in accordance with adopted standards. This is ongoing.	No
I5	There is increased acknowledgment of the of the positive contribution that access to play can provide in assisting children who are experiencing adverse childhood experiences (ACES) and health and wellbeing issues.	Children who are experiencing wellbeing issues are supported to access play opportunities. The purchase of mental health and wellbeing resources to create rich and nurturing play environments which support the wellbeing of the children within settings. Children are supported to think and talk about feelings and emotions whilst in the play environment helping to build resilience in children who have experienced trauma, suffer with anxiety or find it difficult to regulate their emotions.	Lead: Play Development Worker Officer Time – Children & Communities Grant £673 Welsh Government Play Capital funding for resources	Please see action G4. Wellbeing Resources have been purchased, and utilised at Vale Play Pavilion, a provision established to offer support to children / families identified by Social Services as requiring support. A Wellbeing Room was created within this provision for children to have access to space and resources as and when required, as well as support from trained staff. 12 Staff have undertaken Youth Mental Health First Aid and are equipped to identify any mental health concerns in children and young people supported through play provision.	No (although ongoing support will be available within provision)

16	<p>There is an understanding of the value to children being able to experience risk and challenge whilst playing.</p> <p>The Council's Health and Safety policies continues to support deliverers to safely provide 'risky' play.</p>	<p>A review of the Health & Safety policy relating to this area is reviewed to ensure it is still fit for purpose.</p> <p>The Healthy Living Team to collaborate with other internal teams and external organisations to promote the importance of access to 'risky' play.</p> <p>The Healthy Living Team to liaise with the Health & Safety team to ensure the policies, procedures and training delivered still meet the requirements.</p>	<p><i>Lead: Health & Safety Team/ Healthy Living Team</i></p> <p>Officer time - existing resources</p>	<p>There has been a change-over of staff within the H&S team. The current H&S policies and risk/benefit approach to risk assessment taken by the Council already supports this.</p> <p>There would be benefit in promoting the benefits of parents allowing their children to access risky play. Moving forward this can be incorporated within the campaign around the benefits of play identified in H1.</p>	No
<p>Additional actions achieved:</p> <ul style="list-style-type: none"> • Through the Welsh Government Play Funding cardboard boxes and tape has been purchased to create Play Boxes to be distributed to children, along with play resources to place inside the boxes for families to have accessible low-cost/no-cost activities to undertake at home (the box to also be used as a play prop!) • Food Hygiene Training for 3 staff to support the provision of healthy snacks as part of the Playworks project. 					

Positive outcomes due to Covid-19

- Increased awareness of the importance of play (multi-agency as well as wider society)
- Play Team called upon to deliver Emergency Holiday Provision for vulnerable children via existing registered provision for disabled children, and through establishing a new registered provision at Bryn Y Don Sports Pavilion.
- Play in a Pandemic Survey saw that outdoor play has increased, and highlighted an interest in residents closing their streets for play
- Families and other professionals are seeing the part that play has in supporting children's health and wellbeing
- The Play Team were able to continue work with Parks Department during lockdown, to build Willow Structures in Romilly Park which have been well used since Parks reopened
- Senior Managers and those involved in decision making within Children's Services and Education are more aware of the play service as a result of the need to provide opportunities for children from vulnerable families impacted by Covid. A Vulnerable Children Tactical group has been established, attended by all these partners to discuss how vulnerable children can be supported through local play opportunities. This group will continue to ensure that identified children / families are supported to and through play.
- More partnership working within the Council has led to a number of successes and increased awareness of the work of the service, more of this will be beneficial to residents
- Technology for staff has been improved with updates to Laptops / Phones etc to make mobile working more convenient. Technology now supports the

future of blended learning – virtual / in person training. Staff now feel competent and confident to develop an extensive online training package which can be delivered to families, professionals, schools and other partners

- Due to the need to rely on online methods to encourage and promote family based play opportunities during lockdown, improvements have been made to the play website and the social media accounts to improve and increase content.
- As lockdown guidance prevented families from travelling to spaces in the car and people were keen to take up their 'hour of exercise', more families have investigated the spaces in their local community for fun active travel. The Healthy Living team took advantage of this by producing weekly wellbeing walks which provided ideas for fun activities to undertake whilst walking in their communities which looked at different activities in the environment such as Leaf rubbings, rolling down hills, skimming stones (as part of the Olympics walk) etc. Build on the positive experiences people had in undertaking their 'daily exercise' and finding unknown spaces in their local communities by continuing with the community mapping and places to play project.
- Lockdown meant that families had more time to fill at home so families were encouraged to undertake no cost play activities such as junk modelling and more traditional games as opposed to spending all the time on technology
- Proven adaptability of play workforce and their partners with a willingness to support children and young people through difficult times
- Online delivery works e.g. training, play packs, online resources and ideas

Challenges due to Covid-19

- During the start of the pandemic, whilst in lockdown, school hubs were providing support to vulnerable children and children of keyworkers, however the School Hubs did not engage with Play Team to provide play support for children at this time. Support was offered. This would have been a good opportunity to expose both the children and staff to a range of play opportunities.
- Community Facilities / School buildings are relied upon for our provision to run, these facilities were not available and there is still reticence to allow non-school based staff into educational settings at this time.
- Poverty of working parents identified through delivery of holiday provision for disabled children at Families First Holiday Club – lack of clothing, food etc. Playworkers were providing intensive family support during the holiday provision.
- Planned staff recruitment drive for March 2020 had to be postponed
- Emergency summer provision was targeted at children and young people who were identified as vulnerable by Social Workers, rather than the play team working in communities that needed play support. As the provision for vulnerable children was staff intensive and it was not possible to undertake a recruitment drive, it did leave limited opportunities to deliver community based provision which would have been desired at a time when it was clear children wanted to be out and active.
- Maintaining a rigorous cleaning regime for equipment meant that staff's focus was often taken away from facilitating play to adhere to hygiene safety guidance.
- The ever changing guidance and differences in guidance between areas of activity e.g. sport and play caused uncertainty in relation to what could / could not be delivered. This was further impacted by local authority guidance what meant all events were cancelled and the Council's desire to ensure they were setting an example to residents by not encouraging the public to be involved in gatherings etc. Therefore whilst play activities could be delivered based on Welsh Government guidelines specifically linked to play following lockdown, it was difficult to deliver some activities whilst still trying to give out the correct message to the public, many of whom do not understand the finer details of the guidance.
- No previous experience in delivering online training so this was an area and skill set that had to be developed as a result of Covid.