

Sport RCT Case Study

Getting adults more active – Female Carers Project

There are over 3,000 registered carers in Rhondda Cynon Taf. Caring is often very hard work and stressful, and carers often make major sacrifices to look after the person they care for, which can impact on their personal time, social life, and health. We developed this project to provide carers in RCT with an opportunity to become physically active, and to help lower their social isolation.

We worked in partnership with RCT Carers Support Project and Leisure for Life to offer carers free mentoring and coaching, and discounted leisure membership. Nine women joined the project and we worked with them closely over five sessions. Most of the group had not been to a gym before, or for a very long time, and others had been put off gyms because of previous negative experiences. At our first meeting we discussed the project, answered questions, alleviated any concerns, and visited the leisure centre to familiarise the group with the gym environment. During the visit we showed the group the facilities and introduced them to staff, which reduced their anxiety. The following weeks went well, with the group enjoying the sessions and growing in confidence. The group have continued to access the gym at their discounted rate and we are available for support if needed.

The project has had a huge positive impact on participants, increasing their physical activity levels, confidence, and self-esteem. It has given them an opportunity to enjoy some respite, having an hour to themselves to escape and switch off from their duties. They have also had the chance to meet and spend time with other carers, making new friends in a welcoming environment.



“I enjoyed the project because it has given me more confidence. I feel much better in myself. Never thought I would say this, but I now love the gym and can’t wait for my next visit there.”

“I never thought I’d enter a gym again after my first experience. It was a very positive experience this time. I am more confident and look forward to it.”

“The Gym sessions have made a huge difference to my wellbeing. I feel more fit, I got the confidence to go on my own and I feel more relaxed than before.”

“I loved going as a group. We all motivate each other. It has helped me so much. Today I went early on my own which I would never in a million years thought I would do.”



9
participants



100%
feel more confident



100%
intend to continue taking part



5
sessions



100%
feel happier



RHONDDA CYNON TAF