

Sport RCT Case Study

Getting adults more active – Pickleball in Llantwit Fardre

Kevin from the Health Development team initiated this project to introduce pickleball and indoor curling sessions as part of the Marauders Men's Health Sports & Fitness Hub at Llantwit Fardre Sport Centre. The sessions offered community members opportunities to socialise and be physically active.

A qualified sports leader led the session to provide structure, support and organisation. Within the group, one volunteer offered their sporting ability while another coach stepped forward to formally lead the session. This layered coaching model ensures both peer support and structured guidance, reinforcing skill development and participant enjoyment.

We supported the sessions with funding for venue hire and equipment through our Community Sport Fund and provided marketing materials and promotion. The long-term sustainability of the project was enhanced through collaboration with the Exercise Referral coordinator (enabling individuals with health conditions to engage safely), and with Sport In Mind and Marauders Men's Health, who help promote the sessions and align with mental-health and community-well-being goals. This integrated approach combining expert coaching, volunteer-driven leadership, resource support, and mental-health focused

partnerships ensures the project is enjoyable, developmental, and sustainable for all involved.

The sessions have provided significant benefits to participants, delivering positive outcomes across physical health, mental well-being, and social inclusion. They have improved strength, stamina, and balance, enhancing their confidence and everyday independence. For those managing mental health challenges, the opportunity to learn new skills offered structure, focus, and a sense of achievement. Just as importantly, the project created a supportive group environment, reintroducing access to sports and physical activity that had not been available for some time. This combination of physical improvements, skill development, and social connection contributed to meaningful enhancements in overall well-being.

A gym environment can feel intimidating, but coming to this session is completely different. I don't feel judged here. Instead, I feel supported, and each week I know I'm doing something positive to improve my health and regain a confidence in myself - Participant



20
participants



100%
are now more
active, more often



100%
will continue
being active



100%
feel healthier



80%
feel more
confident



100%
feel happier



80%
made new friends



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