

Sport RCT Case Study

Getting children more active – Summer of Fun 2025

Our 2025 programme ran for five weeks and offered 95 different sessions and camps for participants aged 2-25 years old and their families. In total we had 1,400 bookings and received over £2,300 income which helped to cover some programme costs. We also supported our YEPS (Youth Engagement and Participation Service) to offer an additional 36 sessions, which included free 3G access.

As part of our programme we created three hubs, across Rhondda, Cynon and Taf. Each of these hubs hosted sports tots sessions, multi sports camps, disability sport sessions and family racquet sports sessions. Multi sports and sports tots were well attended and very popular, but we did struggle to attract large numbers to our disability sessions. Family racquet sports was a new offer this year, to promote the opportunities available in our leisure centres. Unfortunately the take up was fairly low, but the families that attended really enjoyed the sessions. We also added two of our Fun Family Fitness sessions to the programme to promote the sessions in Abercynon and Tonyrefail Sport centres.

We delivered 5 free sport sessions for families

in Penywaun, Trebanog, Rhydyfelin, Mountain Ash and Tylorstown. The sessions were popular, so we plan to offer these again. The sessions were free to access and proved popular, so we plan to offer these in future. It was great to see a transition of participants from these free sessions, across to our central paid sports camps.

We partnered with Cwm Cycling Cynon again to offer Ride a Bike days, promoting their hire service, and allowing families to ride for free. We also delivered a series of sport specific camps, working in partnership with 5 community sports clubs, to promote them and boost their junior membership. Attendance was high, with 6 out of the 7 camps reaching full capacity.

“A great way to start the day and get active! Lots of great ideas to take away and do at home.” - Sports Tots

“Enjoyed it so much, he has signed up to take part in hockey on a weekly basis.” - Hockey camp



86
opportunities



92%
feel healthier



92%
intend to continue
taking part



1,400
bookings



96%
feel more
confident



78%
are now more
active, more often



94%
feel happier



75%
made new friends