

Sport RCT Case Study

Getting children and adults more active – Ton Pentre AFC

Through his business 'Next Level' Gavin Jenkins started a weekly football session at Pentre 3G for boys and girls aged 5-12 years. The sessions were aimed at those who had a desire to play football but were unable to join a local club due to waiting lists. After just a few weeks over 50 children had joined. Ton Pentre AFC, the club closest to the 3G, who had never had any junior provision in its 168 years of running, contacted Gavin and asked if he would be willing to start their first ever junior section.

Gavin joined the club as a junior coach and completed training alongside other coaches and committee members. The club then worked with the FAW to ensure that they had the correct governance in place and applied to our Club Accreditation Scheme. We began working with the club, supporting them to apply for grants to fund start up costs. We also funded some additional coaching courses and essential equipment. 56 juniors have registered with the club, and they now have their first ever mini teams playing weekly in the Rhondda District Junior League at Under 5's, Under 6's and Under 7's. The club plan to continue building on the mini and junior section, adding other age groups, and hope to join the FAW's Huddle initiative.

Gavin was also keen to start a walking football session at the club, so he applied to the Coalfields Regeneration Trust, who funded facility hire for some

weekly sessions. We supported with some equipment and online promotion. Sessions started and they average 10 participants each week. The sessions give participants a chance to socialise while also staying fit and healthy.

"The club have made my son extremely happy, he loves coming to football training and matches, the coaches are amazing and I wouldn't want to be at any other club, well done to them all for their hard work."

Parent of pups player

"I've made new friends and it's more than just physical it's helped me mentally and socially."

Walking football player



66
new participants



97%
feel healthier



97%
are more likely to
continue being
physically active



26%
were inactive
before joining



97%
feel more
confident



100%
are now more
active, more often



100%
feel happier



97%
made new friends