

Sport RCT Case Study

Getting adults more active – Upper Rhondda Vets FC

Our team was contacted by Nathan, an ex-footballer, who through managing the Play Yard in Treorchy, had identified a strong demand for vets football in the Rhondda. Nathan, along with the support of others, was keen to set up an over 40's team that could welcome players from across the valley. We worked with Nathan to complete the Sport RCT Club Accreditation which ensured that the club had the appropriate governance in place to operate. We then helped him to apply to the Sport Wales Be Active Wales Fund, which enabled them to purchase essential equipment, train volunteers with coach education courses and pay for some initial facility hire. Through Nathan's hard work and our support, the club was established, and training sessions began. They soon had enough players to enter the over 40's Wales Veteran Football League, so they applied for additional funding to purchase a playing kit. This extra funding was also used to introduce a second training session, which has allowed more men to take part.

The club now has over 80 men registered, with some that just enjoy training recreationally, and others that love the competitive side of the league matches. The club hope to continue growing and are considering starting a second over 40's team and new over 45's team next year. Long term

they would love to have teams playing in all age categories in the vets league, from over 40's to over 65's. Veterans' football is growing quickly across South Wales and men over 40 are enjoying the social and mental benefits as well as the chance to get physically active. Many members have commented on how it has improved their physical and mental health but has also reconnected them with old friends and enhanced their social life.

“The support we have received from Sport RCT has been second to none. Knowing that we can turn to them for support, should we need it, has given us the confidence and assurance to be ambitious with our plans for the future of the club.” Club

“The club has transformed my physical and mental health. I am more active than I have been in years and have got more involved in social activities, making new friends in the process. It's a great feeling to experience being part of a team and a community again.” Player

“At the age of 44 I didn't think I would be going back to football. It's been great catching up with people I used to play football with over 30 years ago.” Player



85
participants



94%
are now more
active, more often



100%
intend to continue
being active



100%
feel healthier



89%
feel more
confident



100%
feel happier



100%
made new friends



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