

Sport RCT Case Study

Getting children more active – YEPS Football in Treherbert

This project was developed in partnership with the Council's Youth Engagement and Participation Service (YEPS), to address anti-social behaviour in the Treherbert area. YEPS provide the statutory Youth Service for Rhondda Cynon Taf and offer young people aged 11-25 a variety of activities across school and community settings. This project was initially proposed following a fire at the new 3G pitch which was lit by local youths. Young people we spoke to told us that there was no provision for them locally, and they were frustrated that they were unable to access the pitch without a formal booking.

Weekly sessions were organised at the new 3G pitch, led by YEPS staff and supported by our casual coaching team. The sessions were free, with all equipment provided, and all young people aged 11-25 were invited to attend, regardless of ability. Promotion was shared via social media and school channels, and young people were encouraged to promote via word of mouth.

12 young people attended the first session to play rugby. Over time it has evolved into a football session, which 84 young people now attend on a weekly basis. The sessions are informal and provide a safe and engaging

environment for young people to play and enjoy football. A group of young people are completing their referee qualification to help support staff during the sessions.

YEPS staff have engaged other partners such as Barod to educate the young people on substance abuse and have led activities to promote community cohesion and pride in their local area. Community wardens that attend the sessions have built positive relationships and seen a marked improvement in behaviour. As well as football, there is a 'get your steps in' walking group which is attended by a group of girls that challenge themselves to increase their steps and improve their fitness.

"Baglan helps me connect with my friends and cool down by playing my favourite sport. It keeps us fit and healthy and it's really nice." Participant

"I love going to the Baglan with my friends to play football. Every other astro is always closed. The coaches are fair and fun." Participant



84
participants



90%
are now more
active, more often



77%
will continue
taking part



54%
feel healthier



42%
feel more
confident



100%
feel happier



68%
made new friends



RHONDDA CYNON TAF