

Sport RCT Case Study

Getting children more active – YEPS partnership (Open access sessions)

This year we identified a need to develop stronger relationships with our secondary schools and we wanted to provide more provision and increase participation for young people, so we developed plans to work closer with the YEPS RCT team. The Youth Engagement and Participation Service (YEPS) provides the statutory Youth Service for Rhondda Cynon Taf. They have a workforce of qualified staff who offer this service, and their varied provision and support is offered through a variety of mediums and programmes. Since our partnership began, we have created projects addressing anti-social behaviour, supporting pupil voice, developing leadership, and offering physical activity in youth clubs.

This summer we came together to address resident's concerns about the lack of free access to our new artificial pitch facilities. Along with YEPS and Leisure for Life, we agreed a plan that provided free open access sessions at three Council 3G pitches. The sessions allowed us to create safe spaces and provide equipment and a workforce so that young people could engage in a variety of activities, including sports, fitness sessions, wellbeing sessions and mental health workshops. The sessions were unstructured so that the young people could take the lead and have fun with friends and peers from school.

Since the open access sessions, numbers have increased in youth clubs across the board and more young people are accessing YEPS provision which in the long run we hope will reduce the reports of anti-social behaviour. We plan to offer these sessions again in the spring and summer half terms, as well as the summer holidays each year, and hope to include more facilities in the project.

“This partnership has allowed young people to access leisure facilities regularly and safely. Allowing us access to the facilities over a long time has improved the well-being of the young people and given them opportunities to be in safe places, not in trouble, and more opportunities to be physically active.”
YEPS Co-ordinator



146
participants



67%
feel healthier



79%
intend to continue taking part



9
sessions



82%
feel more confident



65%
are more active, more often



83%
feel happier



77%
made new friends