

Sport RCT Case Study

Getting adults more active - A Step A Head

A Step A Head was developed to build on the successful partnership between us and RCT Work and Skills. After several fitbit projects being delivered in partnership, with us taking the lead, RCT Work and Skills team asked for training and support to deliver the projects on a wider scale. We agreed to train and commission their staff to deliver multiple projects to their clients. We rebranded the project under the name 'A Step A Head' to emphasise the link between physical and mental wellbeing. We delivered the training to 11 members of staff, with the agreement that 12 groups would be established as a result, with at least 120 people benefitting.

Two members of the RCT Work and Skills team delivered the project in Tonypandy to a group called Mothers Matter. The group met each week to set themselves challenges, motivate each other and keep one another accountable. Across the 8 week project, the group managed to walk over 2 million steps and over 1,000 miles. 86% of the group said that the project helped them to increase their daily steps.

“Since starting the project, I've become a lot more aware of when I'm still, when I'm moving, and my steps. I've never been a great sleeper, but I've noticed that I'm sleeping a lot more peacefully now, because I'm more active. I definitely want to keep it up afterwards.” Participant

“The enthusiasm and motivation shown by the group was fantastic. They have really embraced the project and enjoyed their time together.”

Staff member



8
participants



86%
are more active



86%
intend to continue



86%
feel healthier



100%
feel more confident



100%
feel happier



100%
are more sociable



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