



Sport RCT

# Case Study

## Getting adults more active - A Step A Head

A Step A Head (ASAH) was developed to build on the successful partnership between us and the RCT Work and Skills team. After several fitbit projects being delivered to Works and Skills groups, with us taking the lead, the team asked to deliver the projects themselves on a wider scale. We trained 11 members of their staff and have provided support which has allowed them to start **13** groups and engage **64** participants. The Work and Skills team have used the project as an engagement tool to target economically inactive individuals across RCT.

This programme contributes to the development of resilient communities by providing physical activities which have proven to help build confidence and improve general well-being and positivity. It helps to reduce social isolation and address poor mental health. The Work and Skills team have targeted groups that include under-represented groups such as over 50s, lone parents, women and disabled people. Here is a summary of 3 of the groups.

**Tylorstown** - A group of mothers and grandmothers from a Parent & Toddler group. All expressed they wanted to feel better and were thinking about 'doing something' - this project gave them motivation

to start. **"The course helped me get to know the mothers of the group better."** *Participant*

**Pontypridd** - A group of clients that were receiving one to one support with a Work & Skills keyworker. All expressed that their reason for joining was to improve their mental health and wellbeing, and that they found the project gave them motivation to walk more. **"I now feel more inclined to walk and take part in exercise."** *Participant*

**Tonypandy** - A group of mothers and grandmothers who attend the Mothers Matter project. **"As well as increasing my confidence in walking alone, I've been more conscious of what I am eating too. I've also made a great group of friends that I enjoy socialising with outside of the group."** *Participant*

**"Through this project we have been able to engage with groups of individuals within our communities that we previously struggled to. Reaching our target audience has enabled us to achieve outcomes within our project and contribute to the People and Communities section of the RCT Corporate Plan."**  
*RCT Work and Skills team*

