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Sport RCT

Case Study

Getting children and adults more active: Abernant FC

Since forming in 2024, Abernant FC has developed from a newly established senior football team into a thriving community club serving people of all ages within Abernant and the surrounding area. We have worked closely with the club from the outset, providing guidance and support through the Sport RCT Club Accreditation Scheme to help establish strong governance, policies and club structures.

The club successfully achieved Sport RCT Club Accreditation in 2024 and has maintained its accreditation through 2025 and 2026, demonstrating its commitment to good governance, safeguarding and sustainable club development. Sport RCT also supported the club to access £5,500 worth of funding, including three successful Be Active Wales Fund applications, helping the club purchase equipment, develop volunteers and coaches, and support its long-term growth.

Through ongoing club development support, Abernant FC has grown from approximately 20 senior members in 2024 to around 70 members today. The club has expanded to include one senior team and two new junior teams, creating opportunities for more children and young people to participate in football within their local community. Seven new coaches have been recruited and trained, supported by a dedicated committee and volunteer workforce.

Alongside football provision, the club has become an important part of community life in Abernant, delivering social activities, supporting local wellbeing and mental health initiatives, organising a community running group and providing opportunities for local people to connect through sport and volunteering. Work has also been undertaken with partners to support ongoing improvements to facilities at Golf Road, helping to create a sustainable home for the club and its growing membership. The RCT Capital programme has developed the facility at Golf Road, home of Abernant FC, improving the site with new barriers and dug outs.

This support has helped Abernant FC establish strong foundations and develop into a sustainable community club with ambitious plans for future growth on and off the pitch.

> *"My physical and mental wellbeing has improved drastically since joining Abernant. I have always played football but to play for your own village with people you've grown up with is something entirely different. For me, however, the mental wellbeing of being a part of a club and the social interactions that brings is the most important. This was highlighted after the passing of our friend Ioan, when the club brought the village together during a difficult period. Abernant FC was a light in a very dark time for the village. - Member"*

70 members

97% are now more active, more often

100% made new friends

7 new coaches trained

100% feel more confident

100% intend to continue taking part

100% feel happier

97% feel healthier

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