

Sport RCT Case Study

Getting children more active: Hirwaun Netball Club

Our Community Sport team played a key role in supporting a local volunteer to establish Hirwaun Netball Club, which has created opportunities for young people to be active and participate in sport close to home. The club was founded in 2025 after a local parent identified a lack of available netball opportunities for her daughter and other children in the area. Determined to address this gap, she began the process of setting up a new club and sought support from us to turn the idea into reality.

We organised an initial meeting and offered comprehensive support to help establish the club in a sustainable way. This included guidance through our club accreditation process, ensuring the club had the appropriate governance, safeguarding procedures and policies in place in line with Wales Netball requirements. We also helped the club to access vital funding to support its development, including £1,651 through the Be Active Wales Fund and additional Community Sport Fund grant for equipment, facility hire and promotional materials.

The financial and practical support enabled the club to purchase essential equipment, secure training facilities at Rhigos Community Sports

Hall and begin regular weekly sessions. The club officially launched its first Under 9's session in November 2025 and has continued to grow steadily. As demand increased, a Netball Tots session was introduced to provide opportunities for even younger children to take part.

The club now has 18 Under 9's players, and 6 younger children attending Netball Tots. Participants have developed new skills, increased their physical activity levels, built friendships and gained experience through friendly matches, tournaments and competitive play. The club has also created a strong sense of community among families.

My daughter has loved getting into a new sport that is most suited to her. It's a friendly club. She has gained experience in learning something new and is slowly gaining confidence.

Parent



24
participants



75%
are now more
active, more often



94%
will continue
taking part



100%
feel healthier



100%
feel more
confident



100%
feel happier



100%
made new friends



RHONDDA CYNON TAF