

# Sport RCT Case Study

## Getting children more active – Hockey

Two Hockey clubs that share the same home pitch, Rhondda Ladies and Caerphilly & RCT Men, decided to partner together to tackle the decline in hockey participation locally. Their joint aim was to recruit junior members aged 6 to 12, whilst also working towards an increased membership across all ages.

The clubs approached us for help, and we were more than happy to get involved. Both clubs accessed our Community Sport fund which supported them with equipment, facility hire and marketing materials for new junior sessions. Caerphilly & RCT Hockey club also accessed £3,705 of Be Active Wales funding from Sport Wales to help with the junior section start-up costs. We organised a junior hockey camp in August 2024, as part of our Summer of Fun programme, and 10 young people attended. Feedback was so positive that we organised a further 3 hockey camps during 2025, one in February half term and two during the summer. Over 80 young people attended across the three days. At each camp participants were given 'golden tickets' entitling them to a free training session with the clubs. Transitioning participants from the camps to clubs proved difficult because of clashes with other commitments, but each club took on around 3-5 new members. In

addition to the camps the clubs have also been working hard to develop links with local schools, delivering free taster sessions after school.

Rhondda Ladies also accessed our Community Sport Fund to start a Back to Hockey session. The sessions have been running for two years and an average of 12 women attend each week. Some of these women have children that play for the junior section. Having a Back to Hockey session on the same night means that they are able to be physically active at the same time as their child, which is convenient and accessible.

***"I have nothing but praise for Sport RCT. Alisha has helped us to access grants and purchase the equipment needed to successfully deliver hockey sessions and improve the resources we have at Ysgol Afon Wen."*** Club Coach

***"My daughter lacks so much confidence, this has made her feel comfortable to be able to join new sports and just give the new sessions a go."*** Parent



**177**  
participants



**100%**  
are more active



**100%**  
will continue  
to play



**100%**  
feel healthier



**92%**  
feel more  
confident



**100%**  
feel happier



**84%**  
made new friends



RHONDDA CYNON TAF