



# Sport RCT Case Study

## Getting adults more active: RCT Comets Korfball Club

We have been proud to support the establishment and growth of RCT Comets Korfball Club. The development of this new and inclusive club has introduced the sport of Korfball to RCT for the first time, and encouraged adults, both men and women, to become active. The club aimed to attract people who were not currently participating in sport, as well as those who may have played sport in school but had since become inactive.

We were approached by the club founders, and we supported them to complete our accreditation process, ensuring they had the correct governance, policies and structures in place. Achieving accreditation enabled the club to access our Community Sport Fund, which provided £300 to cover the initial hall hire costs and allow the club to begin delivering regular sessions. Three club volunteers attended our Sports First Aid course, ensuring that sessions could be delivered safely for all participants. We also provided the club with marketing support by designing and printing flyers, that were used alongside social media promotion. The club also attended local events such as Pontypridd parkrun to raise awareness. We also supported the club to apply for and secure £4,673 from the

Sport Wales Be Active Wales grant, which enabled them to purchase essential equipment including korfball posts.

Since launching, the club has made excellent progress, recruiting 15 new members, some of whom had not previously taken part in sport. The sessions have created a welcoming and supportive environment where people can enjoy being active, develop friendships and feel comfortable being themselves. The club is already performing strongly in the Welsh Korfball League, currently sitting at the top of Division 2. They hope to recruit enough members to enter two teams next season.

We are continuing to support the club as it grows and have recently re-accredited them and provided Community Sport funding to support their upcoming "Niche Try Sport" sessions, designed to introduce more people to korfball.

*“Joining Comets has given me something really precious. It has given me so many new friends and a real sense of belonging. It’s been great to see the positive impact that it has on people that join our team and it’s something I am really proud of being part of. Participant”*



 **15**  
new members

 **100%**  
feel healthier

 **100%**  
feel happier

 **4**  
new volunteers

 **100%**  
feel more confident

 **100%**  
are now more active, more often

 **£5,673**  
funding secured

 **100%**  
made new friends

