

Sport RCT Case Study

Getting children more active – YEPS Holiday provision

We've been working closely with the youth service in Rhondda Cynon Taf to build trust and create meaningful opportunities that reflect the needs of local young people. Developing this holiday provision in partnership with YEPS we aimed to provide safe and inclusive opportunities with high-quality activities that promote physical, social, and emotional development. This year we introduced new sports tournaments, utilised community facilities, and created safe spaces for young people to engage in positive experiences. Our approach focused on removing barriers to participation, offering free sessions, and tailoring opportunities to meet the diverse needs of young people across the area.

We continued to offer the open-access sessions on our 3G's, building on the offer from previous years, and to meet the demand from young people we also organised dodgeball tournaments to encourage them to challenge themselves and showcase their skills. We engaged a local dodgeball club, which not only enhanced the quality of the tournaments but also provided a clear pathway for young people who wanted to continue playing regularly at a community club. By working in partnership with leisure and our community club, we ensured that activities were inclusive, free, and accessible. The tournaments

went really well, adding an exciting competitive element to the holiday provision while also encouraging teamwork and developing skills such as communication and leadership.

Building on the success of this year's provision, our plans are to expand the range of competitive tournaments across multiple sports, introduce new pathways into local clubs, and strengthen partnerships with community clubs to ensure sustainability. Additionally, we plan to develop leadership and volunteering programmes for young people, giving them the chance to gain skills and qualifications while supporting events.



"I like the sessions as it's good to do something in the holidays" Participant

"Fantastic event, glad we were able to support" Dodgeball Club

"Working in partnership allows both departments to complement each other, utilising each other's strengths and delivering improved events. And getting local community clubs on board to develop an exit route for interested young people to continue engaging in the sport enhances our offer further" YEPS



197
participants



81%
are more active



89%
will continue to play



79%
feel healthier



69%
feel more confident



89%
feel happier



72%
made new friends



RHONDDA CYNON TAF