

2019-20

SportRCT

IMPACT REPORT

How our work, in conjunction with key partners, has supported the people of Rhondda Cynon Taf to get more active, more often



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RHONDDA CYNON TAF

Movement Matters

As a team we know that it is important to provide children with an opportunity to become active from a young age. Traditionally we had mainly worked with schools and sports clubs engaging with children aged 7 years and over. We identified that we were not catering for pre-school children and decided to develop a product to help us target play settings and crèche facilities. We developed a product that was not sport specific and something that could be played by families at home or in childcare settings, with no sports coaching experience required.

Movement Matters is a resource that has 18 fun activities based around 6 themes; animals, fairy tales, pirates, planes trains and cars, seaside and space. Each game develops fundamental movement skills that improve a child's physical skills and prepares them for the future. The games also help to build confidence, motivation, knowledge and understanding.

Once the resource was ready we worked with RCT Flying Start who identified 6 settings to pilot the project. We consulted with them and trained 45 of their staff members. All 6 settings were given resource packs and they began delivering the games to their children. They were also given extra resources which were available for parents to hire and use at home.

“The games are fun and they keep the children engaged. The children have been able to develop many skills such as language, physical, social, turn taking and communication. The children get excited every time the packs come out. All children give it a go and we have seen the children build in confidence.

Parents gave lots of positive feedback such as the packs were a lot of fun and easy to understand. They thought it was a brilliant opportunity that they were able to take the packs home.”

Next we engaged with the RCT Library Service and identified 3 libraries to pilot the project. We trained their staff and provided them with resource packs to use within the library. They were also given a number of packs for families to hire and use at home.

Just Play Football

Just Play Football is a project that we delivered in the Cynon Valley in partnership with the FAW Trust. It was delivered with the aim of increasing the number of Under 7's players in the Aberdare Valley Junior League. Two target areas were identified for community sessions (Abercynon and Blaengwawr) and primary schools closest to these locations were chosen to host school taster sessions.



12 primary schools received taster sessions with 537 children in Years 1 and 2 taking part. Following the school taster sessions two community programmes started. 30 children engaged in the Abercynon sessions and 15 children attended in Blaengwawr. 30 of the 45 children engaged in the community sessions were new to football and were not registered with a club. Following the Just Play Football programme finishing all of these 30 children joined football clubs. As part of the programme one new volunteer was recruited and deployed. This volunteer has now been re-deployed in to a community football club to continue his coaching journey.



537

Children engaged in taster sessions



12

Primary schools involved



45

Children engaged in community sessions



30

New players in the Aberdare Valley Junior League



1

New community volunteer

7



Schools

156



Children

378



Hours of physical activity delivered

SHEP Holiday Programme (Summer 2019)

The SHEP project is a school-based summer holiday programme which is delivered in areas of social deprivation. It promotes the benefits of healthy and active living to children and their families in a fun and social setting.

We contributed to the programme in summer 2019 by delivering the physical activity sessions. All children have a minimum of 1 hour of physical activity per day. Our coaches delivered a total of 378 hours of activity to 156 children across 7 schools in RCT: Heol y Celyn Primary School, Glenboi Community Primary School, Maerdy Community Primary School, Penrhys Primary School, Penywaun Primary School, Tonyrefail Community School and Ysgol Hen Felin.

We know from School Sport Survey data (2018) that children in the most deprived areas are less likely to be physically active. SHEP gives us the opportunity to engage with children in these areas and encourage them to participate in physical activity.

Children enjoyed taking part in the various activities, learning more about healthy eating and the benefits of physical activity. They and their families gained more knowledge and ideas to help them improve their nutrition and activity levels.

Evaluations conducted via questionnaire at the end of the SHEP gained largely positive feedback from both children and parents.



It has had a positive effect on me and my children. It has given us something fun and interesting to do each day. *Parent*



Food and Fun has been lots of fun and I hope to come back next year. Thank you for everything. *Child*



Geocaching

Geocaching is a great way for families to get outdoors and work together whilst having fun and getting active. It has a broad appeal to young and old, engaging children with the use of technology. We are keen to use geocaching as a way to engage with groups and families, offering them new opportunities to be active.

Initially our target audience was visitors to Dare Valley Country Park. We placed a number of caches along a geocaching trail in the park and quickly noticed a lot of usage with positive feedback.

We then realised the potential of using geocaches to engage with schools. Brynna Primary School asked us for support with orienteering and they identified some nearby woodland that they use for outdoor lessons which was perfect for Geocaching. We placed geocaches in the area and offered training to staff. The caches are great for the school but they are also accessible for members of the public.

Through a partnership with Trivallis we have been working with the community of Penrhys. Our long term aim is to get the community active by introducing more local activities. During the summer we placed geocaches in Penrhys to encourage local residents to start geocaching and also to attract visitors to the area.



10

geocaches



238

finds



We'd had a bit of a lazy day and neither of us fancied heading out to walk the dog so I suggested a few caches and off we went...

We walked 3.5 miles finding 4 caches.



Treorchy Primary School – Get Set Beacon school

In 2018 Treorchy Primary teacher Alex Pugsley was selected as a Get Set Champion by the Get Set programme in the lead up to the 2020 Olympic and Paralympic Games. This makes the school a Get Set Beacon school – one of only 45 in the UK, and 1 of only 2 in Wales!

To help Alex the school established the “Well-being Warriors”, a team of pupils who have led the campaign through the school, providing pupil voice. They also established links with local businesses and MP’s, applied for funding grants and consulted with pupils and their families.

The school has used this opportunity to provide new opportunities for their pupils, families and wider community, helping them to live healthier lives. There are two parts to the project – Get Moving and Eat Well. Get Moving offers fun, free activity sessions for pupils and their parents. Activities have included dance,

football, running and parkour. Eat Well has included healthy eating workshops and classes in their newly refurbished family wellbeing room. Support from local shops has allowed them to provide a market stall 3 days a week.

Other aspects include an Active Citizenship project with ‘Play it Again Sport’, whole school CPR training, cluster sporting events, Olympic Day activities and a Playground project.

We have been more than happy to support the school with this project. We have supported them with their Playground Project, trained leaders and Young Ambassadors and provided funding for kit and equipment. Three school fund grants have helped the teachers and young ambassadors with the delivery of their physical activity and healthy eating sessions.

Play Makers

Play Makers is a Sports Leaders qualification that we deliver in primary schools. The course is a great introduction into leadership for children aged nine and over. Children learn how to organise and deliver games and activities to their peers. The course develops leadership skills such as organisation, communication and teamwork as well as helping to build confidence and self-esteem.

Cwmaman Primary School

Cwmaman Primary trained 16 children as Play Makers to help make break times more structured. The structure has created a calmer atmosphere and reduced behaviour issues. The Play Makers deliver activities every break time and also deliver warm ups before PE. Break times are now a fun, happy and enjoyable environment for all children. More children are getting active, learning new games and developing new skills.

When asked all 16 Play Makers said that they:

- Feel more confident
- Have improved organisational skills
- Have made new friends
- Have improved communication skills
- Are proud of themselves
- Have improved team work skills

Between April 2019 and March 2020:



30

Schools have received
Play Maker training



580

Play Makers have
been trained

“ The Play Leaders project has definitely been a worthwhile project in our school. It supports us with all four core purposes of the new Welsh curriculum. The children who have experienced it have become healthy, confident individuals. All of the children know that they have someone to play with at playtime. It has improved our wellbeing and the children seem much happier in school. *Teacher* ”

I’ve improved my team work, my skills and my communication with others. *Play Maker*

I enjoy being a Play leader because it has increased my confidence in leading games and I like seeing people happy.

Play Maker



Young Ambassadors

137

Bronze YA's

in **49** Primary schools and **1** Special school

17

Silver YA's



+

4

Gold YA's

in **9** Secondary schools



14

Young Ambassador projects funded

Aberdare Park Primary – Park Fun club

Aberdare Park Primary school wanted to develop a new after school club which targeted children who were less likely to be involved with school sports teams and clubs. The Bronze Young Ambassadors worked with the PE Co-ordinator to create their Park Fun Club idea which utilised a local park. They decided to base the club at Aberdare Park as it is a fantastic facility right on their doorstep. The aim was to increase the amount of physical activity that pupils took part in each week and to encourage children to visit the park with their families outside of school time. The club isn't a typical 'sports' club as it involves fun activities such as scavenger hunts and obstacle courses. The club is open to pupils of all ages and abilities and parents are encouraged to accompany foundation age children.



3

teachers involved



39

children engaged



68%

of children made new friends



64%

of children feel more confident



68%

of children felt listened to



64%

of children now play more often



13

girls engaged



3

leaders involved



100%

feel happier



100%

feel healthier



90%

have made new friends



100%

feel more confident



100%

are now more active, more often



100%

will continue to be active in future

Cymmer Primary School

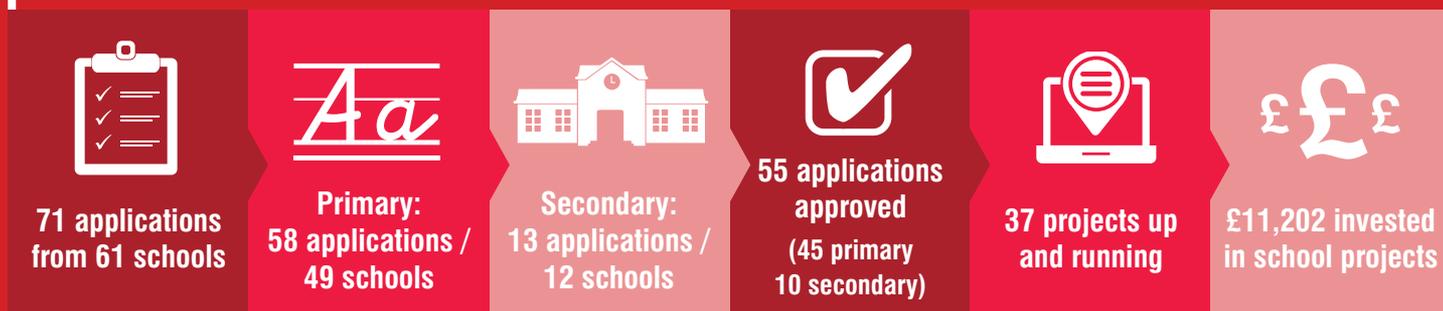
After attending their Bronze Young Ambassador conference two pupils from Cymmer Primary returned to school with the aim of getting more girls engaged in physical activity. They developed a project which targeted Year 5 and 6 having identified that the girls in these year groups were fairly inactive. They also felt that there were limited opportunities for girls to take part in sport as the yard at playtime was dominated by boys.

Before developing a new after school club they wanted to consult with their peers so they completed a survey to find out which activities the girls were interested in. The results showed that the girls wanted to participate in bowls and volleyball. In order to get their new project off the ground the Ambassadors applied to us for funding. Their application was accepted and they were able to purchase the new equipment that was needed.

Once the club was ready to launch they distributed letters to all girls in Year 5 and 6, along with a consent form. 13 girls signed up and they began their new weekly after school club. Each week they plan and deliver different games and activities which help the girls to try new things and learn new skills. The girls involved are now much more active during lunchtime as they use the yard to play the new games they have learnt.

School fund

In Autumn 2019 we offered all schools in Rhondda Cynon Taf the opportunity to apply for funding to deliver a project. PE Coordinators and Young Ambassadors were encouraged to use pupil voice to develop a project that would benefit their school and get more children, more active, more often. Get Out, Get Active RCT partnered with us and contributed funding to support projects. Here is a breakdown of the applications we received:



Here are 5 examples of school fund projects:

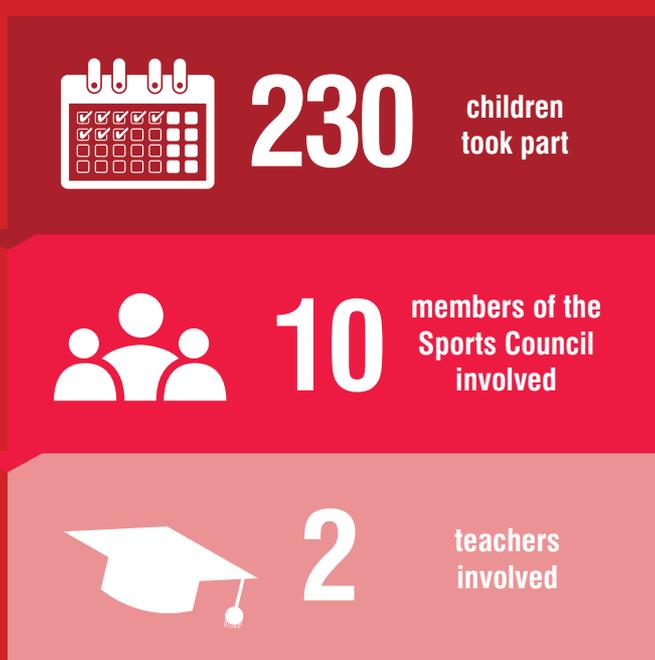
Llanharan Primary school

Llanharan Primary school wanted to provide more sporting opportunities during the school day as some pupils were unable to attend clubs after school. They were also looking to combat and reduce behaviour issues at lunchtime by providing structured activities. Pupil consultation had identified that the majority of pupils stay at home most evenings playing computer games, so the school wanted to ensure that pupils had the opportunity to get active every day in school. The school employed an additional supervisor to run sports sessions during breakfast club and at lunchtime. Children were also offered circuit activities on outdoor gym equipment and trim trail activities.



YGG Castellau – Her Hwyl (Fun Challenge)

Staff and pupils at YGG Castellau developed a project to improve playtime on the yard. They wanted to encourage boys and girls to play together whilst using the Welsh language. They also wanted to provide more opportunities for children to be active and to try something new and challenging. They developed something called 'Her Hwyl' (Fun Challenge). Each fortnight the sports council worked with teachers to set a new challenge using different equipment. Feedback from children was fantastic! The new and exciting challenges engaged boys and girls of all ages and it created a real buzz in the playground. To build on the success of this project the school plan to launch a Sports Council after school club next. This will be used to learn new games, which can be used at playtime. This club will be linked with their 'Cewri Castellau' Club to ensure that all games are through the medium of Welsh using correct terms and words, improving and developing the pupils' Welsh vocabulary even further.



Hafod Primary – SEN project

Hafod Primary school wanted to get more children with special educational needs involved in their school sports clubs. Their plan was to start new mainstream sessions and integrate SEN children by supporting and encouraging them. They were involved in a variety of ways; participating as well as helping to coach. Year 3 and 4 were targeted initially. The school fund paid for new equipment and allowed them to hire sports coaches.

As a result of the project SEN pupils felt more confident in themselves and made new friends. The children involved also felt that there were more opportunities available to them and they felt more confident attending future sessions.



30

children engaged



17

sessions



95%

of children feel more confident



100%

of children felt included in sport sessions



100%

of children enjoyed taking part in sport



67%

of children made new friends

Ynysir Primary – Healthy and Active Club

As a school they recognised that there was a decline in the number of children who were taking part in physical after school clubs. They completed a pupil voice survey and used the results to change the activities they offered. A high percentage of children requested a cooking club. The school saw this as an ideal opportunity to merge healthy cooking and physical activity. A number of cooking sessions were delivered where children prepared healthy meals such as smoothies, pasta, rice salad and fruit kebabs. During the sessions children also discussed and planned opportunities to try different sports. The school then linked with a number of external organisations who visited the school to deliver a range of activities to the children such as dance, cricket and netball. The children who engaged responded really well. Feedback from parents was positive as they reported that the children were taking an interest in cooking at home.



14

children took part



10

sessions delivered



100%

feel healthier



86%

feel happier



93%

are now more active, more often



71%

feel more confident



36%

made new friends



64%

intend to continue taking part in physical activity

Llwydcoed Primary – Netball Tots

Llwydcoed Primary used their funding to establish a Netball Tots club for their Foundation Phase children. School staff were trained to use the Netball Tots resource and they then shared their expertise with other staff within the school. 16 Sessions took place and they were attended by more than 30 children each week. There was a high demand for the club with equal numbers of girls and boys participating ranging from Nursery to Year 2. There was an increase in participation as there were no other Foundation Phase after school clubs. The children who took part improved their Physical Literacy skills tremendously. Following the success of this club the school have added another after school club for Foundation Phase children, Athletics Tots.



16

sessions



30

children took part weekly



2

teachers involved

Youth Football Project

We work closely with the RCT Youth Engagement and Participation Service (YEPS) who provide youth clubs across Rhondda Cynon Taf. This partnership gives us the opportunity to engage with young people aged 11-18 years.

We recently developed a joint project which aimed to provide new physical activity opportunities to young people within a community youth club setting. Consultation was carried out with the young people involved and the results showed that football was the sport with the most interest.

Six of our coaches delivered football sessions in 14 YEPS youth club settings. Sessions developed basic skills and taught the young people to play together as a team in preparation for an inter-youth club tournament. The sessions ran for 4 weeks with 56 sessions taking place in total. Following the sessions a 5-a-side competition was held at Rhondda Fach Sport Centre. Two tournaments took place, accommodating young people in years 7 & 8 and years 9, 10 & 11. Nineteen teams took part in the tournament and the young people also took part in activities such as football and agility challenges, New Age Kurling and circuit sessions.

Across all of the sessions and the tournament there were 663 attendances. We are currently working to identify suitable young people within certain youth clubs who can complete a Football Leaders Award and continue to lead sessions in their youth club. We are now looking to repeat this project with other sports, building on our relationship with YEPS.



56 training sessions offered



19 teams entered the tournament



663 attendances overall



63% feel healthier



83% feel happier



53% are now more active, more often



74% feel more confident



65% have improved their teamwork skills

More Than a Card

During secondary school young people experience a great deal of stress and anxiety for a number of different reasons. Mental health issues can often occur due to the pressure of exams and assignment deadlines. After consultation with the Youth Engagement and Participation Service (YEPS) for Rhondda Cynon Taf we identified a gap in the support that young people were offered. Key workers within schools told us that a great deal was being done to help students understand stress and anxiety but no coping mechanisms in the way of physical activity were provided. In partnership with Leisure Services we were able to offer an intervention.

We engaged with four secondary schools and vulnerability profiling was used to identify the young people who were most vulnerable. These young people were offered the opportunity to access their local leisure centre. We understood that this could be a daunting experience for some of these young people so our officers worked with the YEPS team to offer one to one support. All young people had a friendly face to accompany them for their first few sessions to help them settle in and gain familiarity with the centre staff. Sessions

were free for the first month and then subsidised for a set period to encourage them to keep attending.

30 young people have engaged in the project. It has removed barriers and encouraged them to use physical activity as a way to manage stress and anxiety in their day to day life. In future we hope to extend the project and offer it to young people up to the age of 25.

Why did we do it?

- To support young people experiencing stress and anxiety.
- To promote physical activity as a way to improve your mental health.
- To break down barriers for young people wishing to access leisure facilities.



Going to the gym definitely help me when revising for my exams, and allowed me to forget about revising for a bit and it also made me feel better about myself.

Participant



Dark in the park

We started Dark in the Park Pontypridd in January 2019 in partnership with Newydd Housing. The project aimed to increase usage of the park and provide a safe environment for running during the winter months. It initially targeted non-runners but sessions attracted a mix of running abilities.

There are 4 groups that accommodate different abilities from beginners to regular runners. To make the project sustainable we asked volunteers to train as Run Leaders. 12 volunteers have been trained and they deliver the sessions every week. The sessions run all year round and 129 people have engaged with the sessions. Many of these people have progressed from non-runners to regular runners completing 5ks, 10ks and even half marathons. A lot of the group members regularly attend Pontypridd parkrun which takes place in the same park.

For the participants the group is about 'More than Sport', it allows them to get outdoors, enjoy some 'me time', discover a new passion, meet new people and get fit.



129 participants engaged



12 volunteers



80% of participants feel healthier



73% of participants feel happier



51% of participants feel more confident



62% of participants have made new friends



78% are now more active, more often

I would never have joined a running club. This appealed to me because I could go at my own pace or walk. As the weeks have gone by they have built up my confidence and I have felt at ease running.

I'm a full time carer for a severely disabled person. I've met some smashing new friends who are willing to help me every step of the way. I really enjoy it. This is 'me' time.

Made for Mams

Made for Mams is a range of pre and post-natal physical activity classes that we have developed in partnership with Leisure for Life and Cwm Taf Morgannwg. We developed the project because we wanted to increase the number of appropriate opportunities available locally to pregnant women and new mothers. It is very beneficial for women to stay physically active before and after pregnancy and we were really keen to support them during a time where it is likely that they would become inactive. There are over 3000 births in RCT every year so we knew that there would be demand for this provision.

We engaged with partners at the health board to gain advice from experts and access to our target audience. Colleagues at Cwm Taf Morgannwg helped us to develop educational resources explaining the benefits of physical activity during and after pregnancy. The resources also provided tips on exercising and factors to consider, along with suggestions of appropriate activities. These were distributed by midwives and physiotherapists along with Made for Mams leaflets promoting our timetable of classes.

In order to offer the classes we linked with our Leisure for Life colleagues. Suitable delivery staff were identified and trained in the Level 3 Award 'Supporting Pre and Post-natal Clients with Exercise

and Nutrition'. Further training was also provided by health board physiotherapists. Once training was complete we worked with Rhondda Sport Centre and Abercynon Sport Centre to organise and promote yoga and low impact exercise classes.

The second phase of our project will see us expanding the programme in to more locations and adding Aqua and Buggyfit classes.



The pregnancy yoga was extremely useful. As one of the last in my group of friends to have children it also allowed me to meet new 'mums to be' and to be able to share experiences, making me feel less alone in the exciting albeit nerve racking journey to parenthood. The pace was perfect - helping you to keep active but also giving you time to relax and recharge. I would definitely recommend the classes.

Lisa, Pre-natal participant



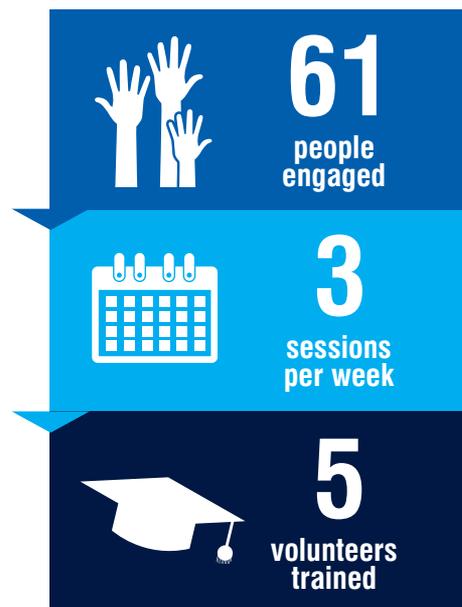
Community Chest



Fast Daps

In 2016 two women from the Rhondda Valley were chosen to be part of the television programme “Alfie’s Angels”. Inspired by their own achievements they decided to set up a walk to run group in their village. They wanted to remove the stigma that you have to be a certain type of person to be fit and active.

Ferndale and Maerdy Fast Daps group was set up in January 2017. As well as promoting walking and running they wanted to combat isolation by providing an opportunity to socialise. The group is still running and it has gone from strength to strength. In May 2019 a second group was established in Treorchy. And they have since started a new Couch to 5k group in Ynyshir, linking with a local Slimming World group. Kellie and Angela have helped members to get Run Leaders qualifications and there is now a team of them supporting the sessions. The Fast Daps groups are getting over 60 people active each week. Many of the runners have had huge achievements running 10ks and half marathons, but that is not the focus of the group. It’s all about getting out, getting active, making friends and enjoying yourself.



Monday Club

In January 2015 community members reopened Beddau and Tynant Community Library following its closure in May 2014. In July 2016 a group of volunteers established the Monday Club at the library. This club aimed to provide a safe and warm environment where older local residents could meet for companionship, support and mental and physical stimulation. The club offers a variety of activities such as arts and crafts, creative writing, and singing! They also offer a number of physical activities including Tai Chi, Armchair Aerobics and Yoga. Two of their volunteers deliver the majority of the activities, thanks to training provided by Age Cymru. In June 2018 we helped them to access a Sport Wales Community Chest grant of £1,234 to purchase new equipment and to offer New Age Kurling sessions. The grant helped them to provide more opportunities and engage more people.

Over 60 local residents take part in Monday Club activities, most of them aged between 60 and 80 years of age. The club is run thanks to the hard work and commitment of 9 volunteers. They are thankful for the support they have received from Age Cymru, RCTCBC, Comic Relief and Llantrisant Community Council.



VOLUNTEERS



78

volunteers
signed up



56

volunteers
active



1977

hours
recorded

Lynnette

Lynnette is a Run leader for Dark in the Park, a running group in Pontypridd. She also has an administrative role, keeping records of attendance and updating their social media page. Lynnette regularly attends Pontypridd parkrun and she has volunteered there also.



Why does she do it?

I first joined the group as a beginner runner. I was scared as I was unfit, overweight and didn't know anyone. I really enjoyed the session and began attending every week! Not long after they were asking group members to train as leaders. I knew that if I volunteered I would have to keep going, which would improve my running. Plus I wanted to make sure the group continued, as I could see how much everyone enjoyed and benefitted from it. It wasn't just about the running.



What does she enjoy about volunteering?

My life is all the richer for having joined this group. I'm happier, healthier and fitter. I've met new people and made new friends. The group is absolutely fantastic. They are so supportive. We have even arranged social events, meals and drinks locally and the group gets new members every week.

I can honestly say, it's one of the best things I have ever done. It's given me so much confidence. I have even encouraged others to join and have loved seeing them improve.



Dion

Dion completed an undergraduate degree at the University of South Wales and found himself with some spare time after graduating. He decided to use this time to volunteer with us. He started by signing up on our website. One of our officers met with him and offered him an opportunity at a local football club. Llanharry & Bryncae FC were desperately looking for coaches to support their mini and junior teams. Dion met the club, completed his DBS and started volunteering. After observing his commitment with the club we were keen to offer him more opportunities. We were delivering an FAW Trust programme in his local area, called 'Huddle'. Dion received training and agreed to deliver the Huddle sessions every Friday. The feedback we received from parents/guardians was very positive. They commented that Dion was extremely friendly and catered for all the girl's needs, making sessions inclusive and fun. Due to his outstanding commitment we have agreed to support Dion with some coach education and he will soon complete his C Licence qualification.

Conor

Conor signed up to our volunteer scheme using our website and was deployed straight away into Llanhari Primary School where the school required a multi sports coach to deliver an after school club. Conor showed great enthusiasm and took an interest in further opportunities. Conor was offered the chance to get involved in the FAW Trust 'Huddle' programme. He accepted and committed to deliver the sessions each week. Feedback from parents proved that he was approachable and friendly for the children and that he made all sessions inclusive and fun. Conor is keen to progress and he has now completed further FAW Trust training based around their new programme 'Footy Families'. He has also volunteered at Cwmlai Primary, delivering a mixed football session. To support his coach development we have paid for Dion to complete his C Licence qualification.



PARTNERSHIPS – Further and Higher Education

Linking with further and higher education providers enables us to contribute to the training of the future sports workforce by providing suitable development opportunities. We benefit from the availability of motivated and knowledgeable students that support our ongoing work. Each year we aim to strengthen our mutually beneficial partnerships with University of South Wales, Coleg y Cymoedd and MPCT. These partnerships enable students to improve their employability and satisfy their placement requirements, while providing us with a pool of volunteers and coaches to assist with festivals, events and projects.

University of South Wales

In the 2019/20 academic year, we have provided 24 USW students with placements. By the end of their placements they will have delivered a total of 2,380 hours through placements in primary and secondary schools. As part of these placements the students have delivered several Sport RCT projects such as Shining Stars and Play Makers. 6 of this year's students have also joined our paid coaching team.

Adam

Adam's placement was based in primary schools and involved delivering two of our school programmes developing physical literacy and leadership.



Why did he choose a placement with Sport RCT?

I knew it would give me a challenge. I wanted to have the responsibility of designing and leading PE lessons and extra-curricular clubs. I was also interested in the opportunity to deliver Shining Stars and the Playmakers award. My placement has led to paid work and opportunities that most people don't get. The placement has also given me the opportunity to make new connections and broaden my network which now includes head teachers, sport development officers, and experts in physical literacy.

How has the placement helped Adam?

Before I started my placement I had plans to become a PE teacher but now I have more options. I have enjoyed my placement so much that I am now considering a future in sports development, which previously I had never considered as an option.



3

FE/HE settings



80+ students supported



Learning new sports and skills was the best part. I always felt involved in the sessions and enjoyed taking part with my friends.

Girl, aged 9



Daniel, Luke & Shea

These three students were placed in Maesycloed Primary school where they delivered PE lessons, an after school club and a 6 week health and wellbeing scheme of work.

The students delivered Fundamental Movement Skills (FMS) PE lessons to children in Years 1 and 2. The lessons aimed to improve physical literacy by teaching FMS using fun, themed sessions based around superheroes, space, the wild west, circus and fairy tales. Children enjoyed the sessions and loved the creativity around the themes.

The 6 week health and wellbeing scheme of work the students designed focussed on physical activity and healthy eating. Year 3 children enjoyed a mixture of classroom lessons and physical activity sessions. They used the 'Eat Well Plate' to educate the children about healthy eating and delivered FMS sessions to improve physical literacy and confidence.

After school the students delivered a multi sports club. The aim of the club was to provide children with the opportunity to try a variety of sports. This would help them to develop a range of new skills, find a new sport they like and also increase their confidence in playing sport. 14 children engaged and developed in confidence as the weeks progressed.



MPCT

We have worked with over 40 MPCT students in the last 12 months. We have provided them with a number of training opportunities and in return they have helped with 3 of our events. We always encourage the students to take on additional volunteering opportunities. This year one of the MPCT students was named our Volunteer of the Month in recognition of his commitment and hard work!

Ieuan

Ieuan goes above and beyond in everything he does and is always first to arrive and last to leave. Throughout his time volunteering with us he has pushed himself outside of his comfort zone by volunteering in roles unfamiliar to him. Ieuan also volunteers in his own time with Ysgol Hen Felin and Ystrad RFC. He is a great example to other young people, showing how to give back to your community.

Coleg y Cymoedd

We have also worked with a number of students from Coleg y Cymoedd's Football, Rugby, Netball and Sport Studies courses. They received tennis leaders training and have helped with a number of our festivals and competitions. In addition, as a part of their course, the rugby students linked with a local rugby club (Rhydyfelin RFC) to plan and deliver a primary school rugby festival to help promote the club.

Connor

Last year Connor assisted us with one of our festivals and expressed interest in volunteering. We deployed him in to the FAW Trust 'Just Play Football' programme that we were delivering. His passion and commitment to this project led to him becoming a paid coach with the FAW Trust delivering football camps. In order to continue his coaching Connor then took on an assistant coach role with a local football club supporting their U9's team.

Since volunteering with Sport RCT his confidence as a coach has become more relaxed and controlled. The experience has allowed him to shape his academic and personal performance to a high standard. As his tutor it has been a pleasure to see.

Rhys Williams, Coleg Y Cymoedd Lecturer

Connor has grown in confidence since starting his volunteering. It has helped him learn to be more hardworking, reliable and punctual, all good qualities needed for a future in work.

Connor has enjoyed his experience and hopes to continue with his volunteering journey. We are grateful for all the support and guidance he has been given by both Sport RCT and FAW Trust.

Ruth, Connor's mother

Play your Part Calendar

Since 2016 we have offered a calendar of training courses and workshops, accessible to clubs and organisations across Rhondda Cynon Taf. By providing courses and workshops we aim to ensure that clubs can easily access essential, relevant and useful training to improve and maintain standards. We also run regular drop-in sessions for clubs to consult on club development and receive support to access funding. During 2019 a total of 195 people from 139 clubs attended one or more sessions, with a total of 223 attendances. In the first quarter of 2020 two courses have been delivered with 30 people attending in total.



195
people
attended



from
139
clubs

PARTNERSHIPS – National Governing Bodies

2019/2020 has seen us work in partnership with 6 priority NGBs - Welsh Netball, FAW Trust, Cricket Wales, Hockey Wales, Welsh Athletics and Bowls Wales. Through these partnerships we have delivered 10 community projects, ranging from 'Just Play Football' targeting boys and girls under 7 to Walking Hockey targeting adults.

Our NGB projects have helped us to engage with over 800 participants and we have worked with 18 new coaches. Children from 24 different schools have taken part in sessions and a number of volunteers have been trained and deployed.

Here are two of our NGB partnership projects...

Disability school netball

There was a clear lack of disability netball opportunities in Rhondda Cynon Taf, across school and community settings. We identified this as a priority area for development, along with Welsh Netball.

A project was developed in partnership with Welsh Netball and GOGA RCT (Get Out, Get Active). Coaches delivered an 8 week programme in four special schools. Following the school based sessions a Netball Festival was held in Abercynon for all schools to attend.

It has been well received by pupils and has increased participation in physical activity. It has allowed pupils to take part in off-site competitions and meet pupils from other schools.

Maesgwyn Special School, Deputy Headteacher



90
young people engaged



4
special schools involved



32
school sessions offered

Huddle

Huddle is a fun programme, designed by the FAW Trust and delivered by partners across Wales. It was developed to create confidence, find friendships and give girls a great football experience. Huddle is for girls aged between 5 and 12 years old and is open to all abilities. After taking part in Huddle sessions the aim is for girls to continue their football experience.

We were chosen to host a Huddle centre in Pontyclun and the sessions started in Autumn 2019. We recruited and trained two volunteers to deliver the sessions. 23 girls attended our sessions and 6 are now playing regular football in community clubs

Girls who attended:

- Gained confidence
- Found a new sport
- Learnt new skills
- Had a positive experience
- Made friends

The girls have really enjoyed the sessions. They have progressed their skills and made new friends.

Coach

My daughter enjoyed playing football in a relaxed, fun environment.

Parent

My daughter likes the coaches who give her lots of encouragement. Also because it is exclusively for girls she feels more confident to take part.

Parent



23
girls attended



6
joined community clubs



71%
of girls were new to football

