

Chwaraeon RhCT
Sport RCT

Pontypridd Pen Dragons

DELIVERY PARTNERS



40 PARTICIPANTS

32% WERE INACTIVE PRIOR TO JOINING

FEEL HEALTHIER

90%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

90%

FEEL MORE CONFIDENT

95%

WILL CONTINUE TO BE ACTIVE

100%

MADE NEW FRIENDS

95%

“ I love it! The fun side, the fitness side, and the social side all come together to create such a positive experience. It's been amazing to be a part of something so enjoyable and uplifting! ”

“ I joined not knowing anyone and never playing before. I loved it even before my first session had finished. The team and coach are amazing and Kate and Amy were so welcoming. I would recommend it to anyone. ”

“ Our team simply would not exist without the support offered from Scott and Lee. Sport RCT have been there every step of the way, and we look forward to working with them in the future. ”

GREAT OPPORTUNITY
FRIENDSHIP
FUN
KEEPING FIT
ENERGETIC
NEW DE-STRESS
EXCITEMENT
ACCEPTANCE
ENJOYABLE
FRIENDS
RUGBY
SUPPORTIVE
FITNESS
PEN DRAGONS
FAMILY
SOCIAL
FRIENDLY
GREAT
SPORT
MATES
CONFIDENCE
TEAMWORK
LAUGHTER
POSITIVE
WELCOMING