

THE VALE OF GLAMORGAN COUNCIL

CABINET: 2ND NOVEMBER, 2023

REFERENCE FROM HEALTHY LIVING AND SOCIAL CARE SCRUTINY
COMMITTEE: 9TH OCTOBER, 2023

“419 SPORT AND PLAY UPDATE 2022/23 (DEH) –

The Operational Manager for Neighbourhood Services, Healthy Living and Performance introduced the Principal Healthy Living Officer to present the report, the purpose of which was to advise on the current activities and operations of the Council's Sport and Play Section.

Over a series of Powerpoint slides and two short promotional videos, the Principal Healthy Living Officer detailed the work carried out by the Councils Sports and Play team for the period April 2022 – March 2023 and highlighted many of the successful initiatives undertaken during the past year, including assistance to clubs, the summer of fun, winter of well-being and the provision of playschemes. The initiatives increased levels of social interaction for little or no cost, decreased the need to travel to access activities due to them being organised locally and encouraged individuals to become active outdoors.

The Officer also apprised Committee on both the Vale Young Sports Leaders Pathway and the Young Ambassadors Scheme. Both initiatives encouraged young people to build healthy lifestyles, build confidence, and become ambitious, capable learners and sporting leaders of the future.

The Chair began debate on the item by congratulating officers on a positive report and queried if the families getting involved were required to register in advance in order to attend the organised activities as part of the Summer of Fun programme. In response, the Principal Healthy Living Officer advised that certain activities did require participants to pre-register due to the nature of the activity, such as Archery, however, the majority of the activities were run on a turn-up-and-play basis. The Officer also added that the full programme was shared with both internal and external partners in order to promote the programme and get individuals involved.

In response to a supplementary question from the Chair, the Officer advised that the programme was promoted via the Council's corporate social media channels as well as the independent social media channels managed by the Sport and Play Team.

Councillor Goodjohn then echoed the Chair's sentiments with regards to an excellent report and stated that they were pleased to see sessions that had been arranged for the whole family unit. A suggested area for further development was sessions to be arranged for families of pupils who were home educated, to which, the Officer advised that links were made with home educators via the various play sessions.

Councillor Stallard then enquired how the service chose the communities it provided activities within. In response, the Officer advised that programme delivery was reliant on the partners that were engaged and where the said partners could deliver their activities. However, the Sport and Play Team tried to accommodate activities as widely as they could across the Vale of Glamorgan area as a whole.

In recognising that the priority of the Sport and Play Team was to fill all the available spaces on sessions advertised, Councillor Cowpe queried whether spaces were predominantly filled by individuals who were responding very quickly via social media e.g. Facebook. In response, the Officer advised that the Team had tried to advertise the programme earlier in the calendar year, through the Council's Early Help Team, and it was willing to try any means in order to publicise the programme more widely and to fill the available spaces on a first come first serve basis. The Officer also advised that the Sport and Play Team had previously held spaces back for individuals that were referred internally in order to ensure that individuals most in need received a place on the activities. However, it was recognised that there was still more to do to promote and engage with the target individuals. The Team had also focussed promotion of the programme in schools where there had historically been a low participation rate.

The Operational Manager for Neighbourhood Services, Healthy Living and Performance then added that the Sport and Play Team had been undertaking new initiatives and therefore, further developments would be included in the next version of the update report, to be received next year, following funding that had kindly been allocated by the Social Services directorate. Therefore, the team had also utilised the Children and Young People's Information Team within Social Services in order to promote the programme.

Councillor Buckley then commended the Appendix to the report which demonstrated how the Sport and Play Team had responded to what the individuals engaged with the programme had requested and was pleased to see that nearly 50% of all respondents were taking part not just in the taster sessions but also continued to take up the sport activities on a longer-term basis.

The Vice-Chair then echoed the sentiments of their Committee colleagues on the quality of the report and the fact that it was important to ensure that the most vulnerable individuals were accessing the programme via the most appropriate channels for them. They then noted that the young leaders within the promotional video provided were all from Whitmore High School and queried if any other schools were also involved in the Ambassadors Scheme. In response, the Officer advised that 255 pupils had been enrolled in the Play Makers Scheme, over 16 different primary schools, and all schools within the Vale of Glamorgan had been given the opportunity to engage with the scheme. For higher levels of the programme such as bronze and silver, these levels were promoted to all pupils, however, Whitmore High School had been very proactive in engaging with the Silver Level Ambassadors Scheme. Other secondary schools that had engaged were Cowbridge Comprehensive School, Stanwell School and St. Cyres School.

The Vice-Chair of the Committee then asked officers to expand on paragraph 2.4 of the report which stated that a separate report detailing the regionalisation proposals

for sports development would be presented to Cabinet later in 2023 and would include a recommendation that the report was referred to the Healthy Living and Social Care Scrutiny Committee for comment. As requested, the Operational Manager for Neighbourhood Services, Healthy Living and Performance advised that Sports Wales wished to encourage decision making on a more local level and officers were currently exploring internal concerns as to whether areas of deprivation would stand to lose or gain as a result of the regionalisation proposals. The Vale of Glamorgan wished to maintain its services and the current proposal was that a decision making board would sit above the local authority in order to allocate funds but to the same extent. The Vale of Glamorgan Council would sit under the South East Wales Allocation/Region.

With the Committee's permission, the Cabinet Member for Leisure, Sport and Wellbeing commended officers for the exceptional work that they continued to undertake and expressed a concern about future funding to support work of the team going forward. The Cabinet Member made a plea to all Members of the Committee to support initiatives undertaken and implemented by the Sport and Play Team and requested that the Committee recommend the report to Cabinet for its consideration. The Committee subsequently endorsed the Cabinet Member's suggestion.

With no further comments or questions, the Committee subsequently

RECOMENDED –

- (1) T H A T the information contained within the Sport and Play Update 2022/23 Report be commended and noted.
- (2) T H A T a further Annual Report on the activities of the Council's Sport and Play Development Team be submitted to the Committee in October 2024.
- (3) T H A T the Sport and Play Annual Update 2022/23 Report be referred to Cabinet for consideration.

Reasons for recommendations

- (1) Having regard to the contents of the report on the current good practice being undertaken by the Council's Sport and Play Team.
- (2) To keep the committee informed of the work of the Council's Sport and Play Development Team on an annual basis.
- (3) To ensure that Cabinet has sight of the positive report and the excellent work being undertaken by the Council's Sport and Play Team."

Attached as Appendix – Report for Healthy Living and Social Care Scrutiny Committee: 9th October, 2023

Meeting of:	Healthy Living and Social Care Scrutiny Committee
Date of Meeting:	Monday, 09 October 2023
Relevant Scrutiny Committee:	Healthy Living and Social Care
Report Title:	Sport & Play Update 2022/23
Purpose of Report:	Advise on the current activities and operations of the Council's Sport and Play Section
Report Owner:	Miles Punter - Director of Environment and Housing
Responsible Officer:	David Knevett - Operational Manager, Neighbourhood Services - Healthy Living and Performance
Elected Member and Officer Consultation:	Accountant Environment and Housing Legal – Committee Reports Operational Manager – Accountancy Prevention and Partnership Manager
Policy Framework:	This Report is within the Policy Framework and Budget
<p>Executive Summary:</p> <ul style="list-style-type: none"> • This report details the work carried out by the Councils Sports and Play team for the period April 2022 – March 2023. • The report highlights many of the successful initiatives undertaken during the past year including assistance to clubs, the summer of Fun, winter of well-being and the provision of playschemes. • The period of time was still partly dictated by the re-establishing and recovery of services following the pandemic and was therefore different to that experienced previously but the team again demonstrated their flexibility and adaptability. • A short presentation will be made at committee detailing some of the projects. 	

Recommendations

1. That Committee notes the information contained within the Report.
2. That a further Annual Report on the activities of the Council's Sport and Play Development Team be submitted to the Council in 2024.

Reasons for Recommendations

1. To note the current good practise being undertaken by the Sport and Play Team
2. To keep the committee informed of the work of the Council's Sport and Play Development Team

1. Background

- 1.1 The Council's Sports Development and Play Team is responsible for the planning, delivery and evaluation of the Council's sports development and Play activities. The service is heavily dependent on external funding that also significantly shapes the work undertaken. For sports development the main funder is Sport Wales, with additional funding provided by Cardiff & Vale Public Health Team via the Prevention Funding stream. The play service receives funding from various sources including The Welsh Government Children and Communities Funding, Families First Funding, Town and Community Councils and S106 funding.
- 1.2 The main objective of the Sports & Play Development Team is to support the health and wellbeing of residents through increasing opportunities to participate in sport, physical activity and play, developing sustainable opportunities in partnership with internal and external providers. Whilst there is some element of universal provision, there is a focus on developing opportunities for targeted groups with lower participation rates. Within the play services there is a focus on providing a playscheme provision during school holidays to disabled children, and also to increase opportunities for those who are disadvantaged. This focus is partly due to the criteria for the grant funding the service receives, however it does also meet the aims of the local authority and the Public Service Boards plans. However, the service is also keen to provide opportunities for all children to have access to quality opportunities and is fostering new partnerships on a regular basis to allow this to occur.
- 1.3 New Proposals from Sport Wales is likely to result in a regionalisation approach to its funding of Sports Development in the future. This is likely to consist of a regional board that will distribute funding to Local Authorities.

2. Key Issues for Consideration

- 2.1** Attached at Appendix A is an overview report for Sport and Physical Activity detailing the work of the Sports Development Team. Whilst the impact of the Covid 19 pandemic has not been as great as in the previous year it has still impacted on initiatives and work practises.
- 2.2** Attached at Appendix B is an overview report for the Vale Play Team. The service has continued to provide vital play services, particularly for disabled children, during the majority of school holidays. Demand for Play services has continued to grow and the service is considering how to approach this as resources have now grown and finding suitable premises and staff continues to be a challenge.
- 2.3** Key headlines for the year include:
- The school sports survey completed in 2022 further demonstrated the need for continued sports Development activities in the Vale of Glamorgan, particularly after the restrictions imposed during the pandemic.
 - The team identified a there is a gap in provision for affordable / no cost activities for families with pre-school age children to support them to be active. Therefore, different ways of engaging with families and community groups have been explored with the aim of introducing and developing fundamental skills - providing information and developing confidence amongst families to continue their engagement in activities with the aim of setting a pattern for life.
 - The Active schools initiative that includes leadership opportunities, festivals and whole school challenges, as well as developing school to club links to support community based opportunities has continued to grow.
 - The play team's excellent work has been recognised again at a national level with a Vale Play Representative invited to sit on Welsh Government Ministerial Play Review group
- 2.4** A further, separate report detailing the regionalisation proposals for Sports Development will be presented to Cabinet later this year and will include a recommendation that it is referred to this Scrutiny Committee for comments.
- 2.5** A short presentation will be made at the meeting summarising some of the projects that have taken place throughout the year.

3. How do proposals evidence the Five Ways of Working and contribute to our Well-being Objectives?

- 3.1** Sports and play development work is a significant contributor to the Wellbeing Outcome of 'An Active & Healthy Vale', particularly to the objective of 'encouraging and promoting active and healthy lifestyles'. However sports and play development is cross cutting and can impact across all of the well-being

goals including tackling inequalities, education/learning goals and enabling people to participate and contribute in their local communities. In delivering the actions identified in the Play Action Plan and the Vale Sport & Physical Activity Plan, the Council are also contributing to the national well-being goals, in particular 'a Healthier Wales'.

- 3.2** Throughout the play and sports planning and delivery process consideration is given to the five ways of working. Partnership working is an essential element to identify priority areas for development and to successfully implement the identified actions. The team work with more and 200 statutory and non-statutory organisations / groups to maximise the impact of the respective sports and play plans.
- 3.3** Participation in sport, physical activity and play has known long term preventative health and wellbeing benefits and the inclusion of play, sport and physical activity in key corporate and partnership plans highlight this contribution.
- 3.4** An integrated multi partnership approach to the development of play and sport/physical activity services in the Vale of Glamorgan is the only way in which a service can be realistically delivered within the current climate, where resources within both the voluntary and statutory sector are reducing. This continues to be the basis on which sports, physical activity and play opportunities are being developed. There are examples throughout the attached reports where internal departments and external organisations such as Town & Community Councils and community groups have worked collaboratively with the Sports & Play Development Team to benefit sports/physical activity and play provision.
- 3.5** The Sports & Play Development team consult with existing and potential participants about future requirements through a variety of mechanisms including surveys, consultation at events and through links to partner groups /organisations. Consultation with targeted groups also take place to ensure the service delivered meets their needs and works to overcome barriers faced. Such examples include data obtained from the national School Sport Survey and through peer-led consultation. These are used to inform delivery of initiatives such as the extra-curricular school programme where pupil voice is used to plan provision. Existing data gathered through consultation mechanisms such as S106 consultation, community mapping consultations and the SHRN survey also inform planning and ensure involvement of the local community and potential /existing partners.

4. Resources and Legal Considerations

Financial

- 4.1** The Local Authority is heavily reliant on external funding for the S&PD service. Current funding sources for staffing including Sports Wales and the Welsh Government through the Children Communities Grant. The identification of funding and opportunities to pool resources with partners is an ongoing process to ensure the delivery of the actions identified in the sport and play plans are achievable.

Employment

- 4.2** There are no direct employment implications associated with this report.

Legal (Including Equalities)

- 4.3** There is a duty placed on the local authority, Welsh Government to undertake a Play Sufficiency Assessment process via the Section 11 of Children and Families (Wales) Measure 2010. This places a duty on local authorities to assess and secure sufficient play opportunities for children in their area. The requirements of the Play Sufficiency Assessment have been met in full and have previously been reported to this Committee.

5. Background Papers

Appendix A – Sport & Physical Activity Annual Review

Appendix B – Vale Play Team Annual Review



VALE SPORT & PHYSICAL ACTIVITY PLAN - ANNUAL REVIEW

APRIL 2022 – MARCH 2023

MORE ACTIVE COMMUNITIES FOR A HEALTHIER FUTURE

SUPPORTING PHYSICAL & MENTAL WELLBEING
THROUGH SPORT & PHYSICAL ACTIVITY

CONTENTS



Section 1 *Page 03*

OVERVIEW

Section 2 *Page 04*

THE VALE OF GLAMORGAN VISION &
PRIORITY AREAS IN A LOCAL & NATIONAL
CONTEXT

Section 3 *Page 05*

WHAT THE INSIGHT IS TELLING US -
IDENTIFYING PRIORITY AREAS

Section 4 *Page 08*

ACTIVE CHILDREN & YOUNG PEOPLE

Section 5 *Page 20*

ACTIVE ADULTS

Section 6 *Page 25*

ACTIVE COMMUNITIES

Section 7 *Page 28*

ACTIVE LEARNING

1. OVERVIEW

The Vale of Glamorgan Council's Healthy Living Team lead on the delivery of the Vale Sport & Physical Activity plan in collaboration with more than 130 partners, to improve the health and wellbeing of Vale residents through sport and physical activity.

The Vale of Glamorgan is one of Wales most diverse local authority areas and it is this uniqueness that supports the diverse sport and physical activity landscape that is already present in the Vale, providing opportunities for residents to participate. Despite this, there are marked differences in physical activity levels across residents, which is contributing to the health inequalities that are evident.

There are a number of barriers that can impact on physical activity participation including:

- cost
- time
- access to opportunity
- lack of confidence
- perceived lack of ability
- lack of awareness of the benefits of physical activity

It is because of this range of barriers that there is no easy solution to improving physical activity levels across all residents - and why a range of partners have been working together to develop projects with the aim of positively impacting on participation amongst targeted groups and individuals, promoting behaviour change to a more active lifestyle.

There is a strong multi-sector partnership network within the Vale, which brings together a range of partners from sectors such as Sport & Physical Activity, Education, Public Health, Housing, Youth Services, Community Safety agencies, Strategy & Policy, NGB's, community sport organisations, third sector groups, and organisations who work with residents across the age groups. These networks have been integral to considering the 'What Matters' question – contributing to the identification of priority areas of work and a collective approach to targeting individuals and groups identified with low participation rates in the Vale. The projects developed have been insight led, targeted at tackling inequalities, focussing on areas/groups including:

- those affected by low resources
- closing the gap between male and female participation rates
- targeting specific age groups where participation rates are low
- supporting those affected by rurality
- supporting individuals with additional needs
- supporting individuals lacking in confidence
- supporting the least active older adults to become more active



2. THE VALE OF GLAMORGAN VISION & PRIORITY AREAS IN A LOCAL & NATIONAL CONTEXT

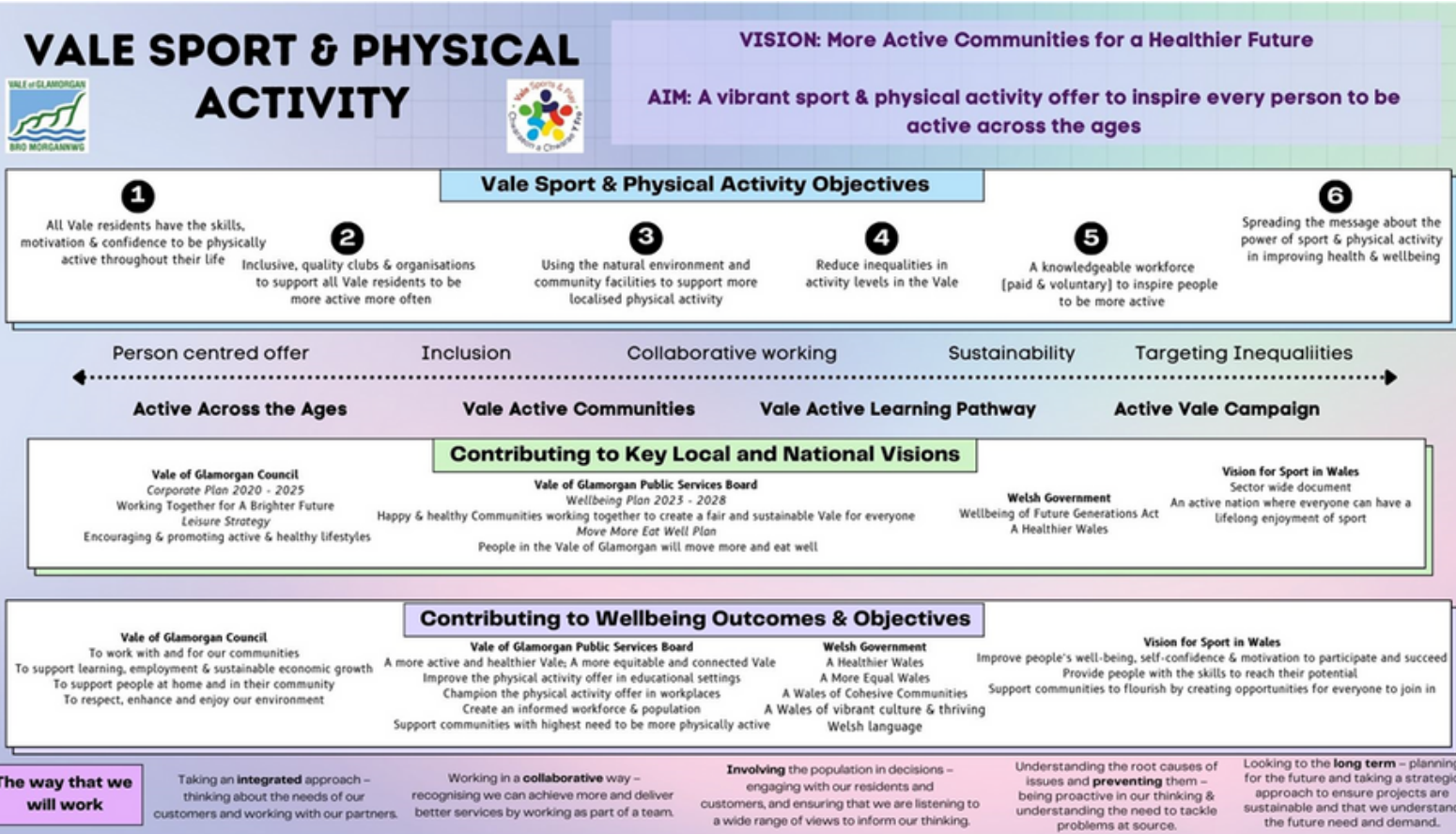
The Sports & Physical Activity plan sits within the Vale's Leisure Strategy 2017-2027, which sets out the approach to sport and recreation provision in the Vale of Glamorgan. The plan also aligns to, and feeds into key strategic plans including the:

- Vale of Glamorgan Corporate Plan
- Vale of Glamorgan Public Services Board Wellbeing Plan – including priority workstreams and a number of the 'steps' identified in the Wellbeing plan
- Cardiff & Vale Public Services Board Move More Eat Well Plan
- Vision for Sport in Wales

Involvement in groups such as the Move More Eat Well Implementation and Education groups, Mental Health Huddle,

Equalities Forum and Public Participation Practitioners Network assists with ensuring this work links into corporate and regional areas of focus.

The focussing of resources supports the priorities identified within these plans. The main financial resource to deliver the actions in the Vale Sport & Physical Activity plan was secured via Sport Wales investment, which was pooled with investment from other avenues including Vale of Glamorgan Council, Public Health Wales and other project specific partnership funding to develop projects that meet the aims of the various partners involved.

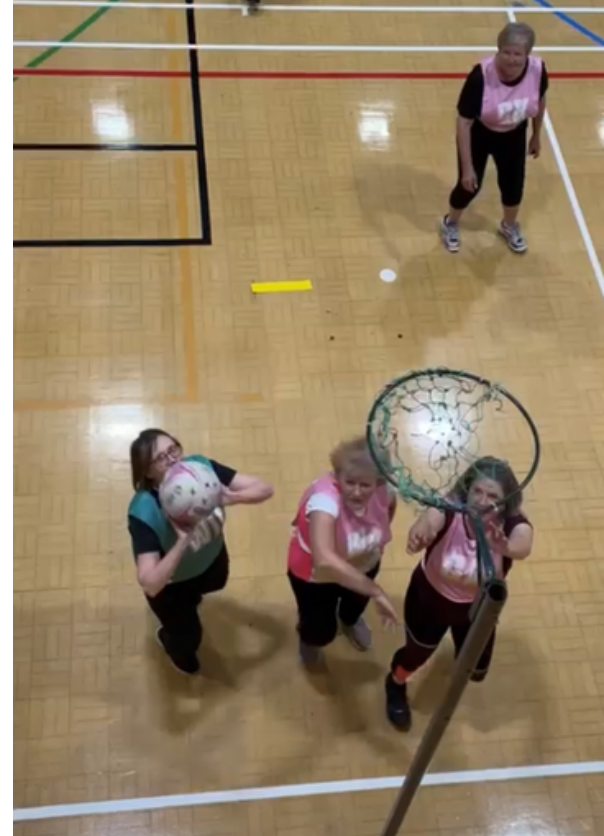


3. WHAT THE INSIGHT IS TELLING US - IDENTIFYING PRIORITY AREAS

The way in which the Healthy Living Team works, and the ethos of the plan means that equality themes are considered across the projects. Whilst universal participation is a desire, the limited resources available means there is a focus on projects that target areas / groups where participation rates are lower.



The identification of priority areas is underpinned by insight, and project development is supported by a collaborative approach. This collaborative approach ensures that a range of insight collated by partners is considered, in addition to the insight gained through the School Sport Survey, National Survey for Wales, Welsh Government, Wellbeing Assessment and Healthy Living Team consultation and engagement. Central to all of these is engagement with residents to understand their current activity levels, any barriers that are hindering their participation and to find out which activities will inspire them to become more active.

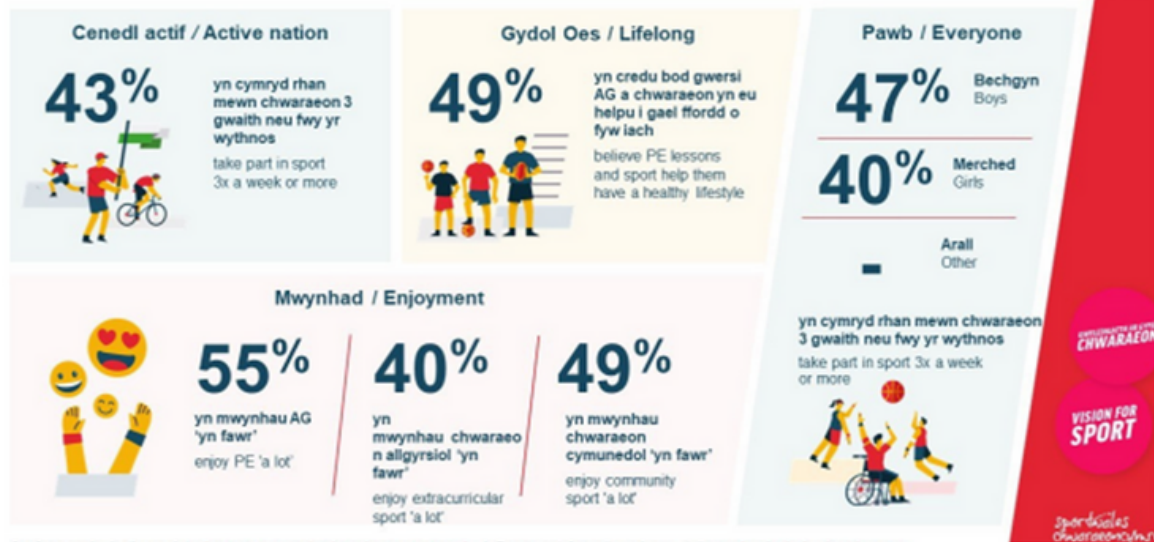


The School Sport Survey 2022

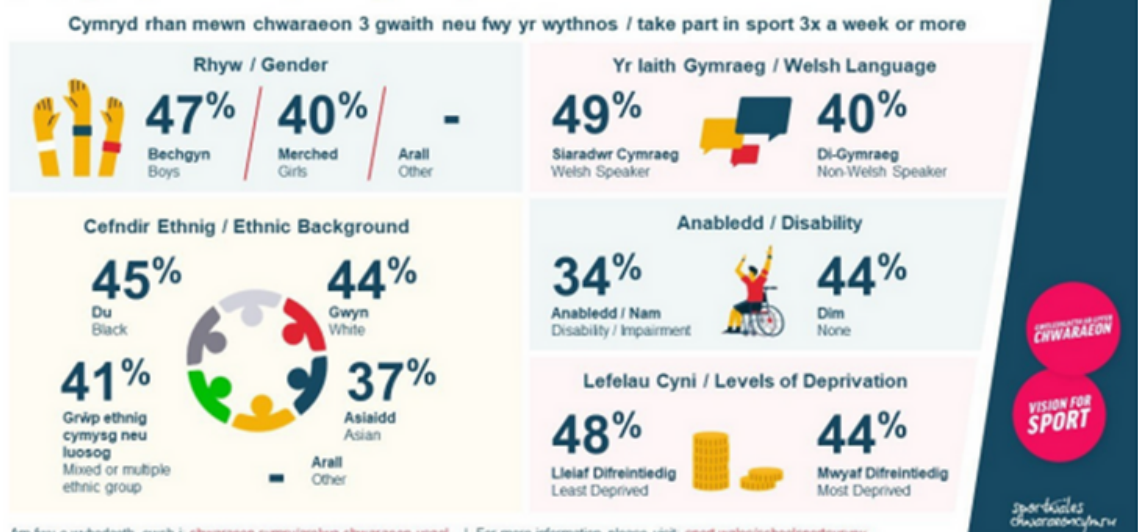
The Healthy Living Team worked in partnership with Sport Wales and schools to roll out the School Sport Survey. All schools had the opportunity to participate – 4,284 pupils aged 7-16 years from 21 schools completed the Survey, the results of which highlighted physical activity levels, barriers and challenges faced, and sports they wanted to do more of to help them become more active. A Vale of Glamorgan Report was produced in addition to individual reports for each school who completed the survey, supporting a more bespoke, localised action plan response. Below are some headline areas from the Vale of Glamorgan report.

Insight

Cenedl Actif - Penawdau Bro Morgannwg Active Nation – Vale of Glamorgan Headlines



Pawb - Penawdau Bro Morgannwg Everyone - Vale of Glamorgan Headlines



Am fwy o wybodaeth cerch i chwaraeon cymunedol neu chwaraeon ysgol | For more information please visit sport.wales/schoolsportsurvey

When developing and implementing the projects within the action plan, the following themes were considered:



Affordability - focus on ensuring any opportunities promoted / developed are at a price that is affordable to the target group long term. We work with our partners to establish how activity can be sustained with all associated costs covered past any initially funded pilot project, to ensure those families engaged who are impacted by socio-economic factors can continue to participate (we know there is no easy answer to this!).



Sustainability - the basis of all of our projects, and the fundamental aim of sports development is around sustainability of participation, whether that be ongoing opportunities within local community clubs, leisure centres, schools or giving children, young people and adults the skills and confidence to participate on their own, as a family or groups of friends in a local space. Therefore, all actions have a focus on developing skills, motivation and confidence amongst residents, ensuring participation continues past any initial pilot phase.



Inclusive and thriving clubs and community organisations - supporting local organisations to develop and thrive in the most appropriate way to meet the needs of the community.



Building a confident and motivated workforce - we know to ensure people who are engaged in sport and physical activity have the best possible experience, the workforce (young people and adults; voluntary and paid) must be recruited, developed and supported in the right way. Therefore, building a confident and engaging workforce is a theme that spans across all projects, whether these are run internally or externally by partners and community organisations.

Partnership working - supporting others to develop sustainable opportunities by creating capacity and capability within the community and school offer. Developing opportunities in conjunction with local providers on the premise that opportunities will be available in the community long term to enable residents to sustain their participation in the future.

3. ACTIVE CHILDREN & YOUNG PEOPLE

- Developing basic movement skills amongst children and young people to increase confidence and motivation to take part in sport and physical activity.
- Increasing awareness around the physical skills children need develop to be active throughout their life.
- Targeting provision based on need - using insight and partnership working to tackle inequalities.



32,294 recorded participations in opportunities created through the Active Young People Programme, with thousands more unrecorded participations supported within the partner organisations.



PRE-SCHOOL

The Best Start in Life - Supporting affordable / no cost activity

Through consultation with families and organisations, it was identified there is a gap in provision for affordable / no cost activities for families with pre-school age children to support them to be active. Therefore, different ways of engaging with families and community groups have been explored with the aim of introducing and developing fundamental skills - providing information and developing confidence amongst families to continue their engagement in activities with the aim of setting a pattern for life.

- Development of new community family-based pre-school session in partnership with P.L.A.Y. Active to develop fundamental skills and set an active lifestyle agenda.
- Positive partnership developed with Early Years Wales to deliver family activity events including Fly a Kite and Toddle & Waddle. Whilst the events were open to all, some targeted marketing took place to encourage the least active to participate. As a result, at least 25 families have accessed additional activity.
- Continued to work with Healthy Pre-schools and Healthy Schools to promote the active lifestyle agenda including attendance at information events for families and presenting at events targeted at pre-school settings.
- Vale Healthy Living Team representative chaired the South Central Regional Foundations group which focussed on opportunities to progress pre-school developments, share good practice, discuss ideas and identify collective opportunities to develop.
- Active and Healthy at Home project – family equipment loan scheme: nursery settings who support communities with less resources have been provided with activity bags, and resources have been developed to loan to families to support physical activity at home.
- Provided free, universal access to all resources created for pre-school activity via the inclusion of the resources on the Vale Healthy Living Team webpages – including the Little Rockets resource which was designed to provide information for childcare settings and families around the importance and benefits of physical activity, as well as ideas for activities - focussing on development of skills such as balance, co-ordination, movement etc, noting that many skills are developed through play.

ACTIVE SCHOOLS

The Healthy Living Team and partners are committed to supporting schools to ensure a variety of opportunities are available in both school and community settings for pupils.

The school element of the Active Young People programme includes leadership opportunities, festivals and whole school challenges, as well as developing school to club links to support community based opportunities - with pupil voice and inclusion at the heart of the programmes. We have been working with the schools who have completed the School Sport Survey to develop bespoke actions to meet the needs within each school. This has included:

- Working with 39 primary and 8 secondary schools to develop bespoke actions in response to pupil led consultation. 13 schools received funding to create additional activities. *See the 'You Said...We Did...'* section in the document which highlights some of the activities developed as a result of this work.
- Whole school engagement through activity challenges – more than 2045 children took part in 3 primary challenges including Foundations Challenge, Daily Mile and Cross Country Challenge to develop foundation skills to be active for life.

Activity Challenge example: 1855 children from 13 schools took part in the Cross Country challenge, which could be undertaken at a time of their choice within their school. They were provided with a challenge pack which included hi vis vests, cones, a shield, certificates for all participants and medals for the school to award to pupils of their choice e.g. who showed most determination.

- Gareth Bale Festival of Sport – worked in partnership with Golf Wales, Gareth Bale Management Group and other organisations to deliver a targeted project to engage young people in sports. Over 100 children from schools with the highest free school meals quartiles attended the event during half-term to take part in 5 sports that some have not tried previously.





- Positive relationship with Tennis Wales - progress on refurbishments at 3 community tennis courts supporting further tennis provisions within the Vale. As a result of the initial refurbishment at Romilly Park, there has been at least 1680 participations / exposures to tennis through links with local schools etc in addition to ongoing community participation.
- Supporting the Active Beyond the School Day project at Pencoedre High to support pupils to access free afterschool sports provision alongside provision of food – facilitating links to community providers
- Raising awareness of existing activities in response to latent demand – developing School - Club Links and new club developments to fill gaps – See the ‘You Said...We Did...’ section.
- Numerous opportunities taken up to present results of School Sport Survey e.g. Education and Wellbeing working groups, Healthy Schools network, shared with Youth Service – this strengthens partnership working where same priorities are shared.
- Organisation of school festivals including Quad Kids (athletics), tennis and Cricket on the Beach.



YOU SAID... WE DID...

LISTENING & RESPONDING TO CHILDREN AND YOUNG PEOPLE

The work programme of the Healthy Living Team is guided by the views of children and young people. It has been important to ask them what they would like to take part in and what can be done to support this. Below are examples of where this has been done.

Listening to Children & Young People - You Said...We Did....		
What did the data tell us?	What did we do as a result?	Impact - what does it really mean?
<p>Consultation with young people aged 11-16 years in School Sport Survey and School Health Research network told us that secondary school age children do not meet the recommended guidance for physical activity levels to have a positive health impact</p>	<ul style="list-style-type: none"> Developed new extra-curricular and community opportunities in sports highlighted by pupils including basketball, teen swimming, dance, football, golf, fitness, archery Worked more closely with youth service to address inequalities in participation through more 'informal' sport and developing opportunities for those least active. Started development of social prescribing pilot project for young people 	<p>New / additional extra-curricular sessions within secondary schools impacting on 931 pupils across at least 3055 participations. Additional participations through projects funded through team to target pupils</p> <p>New /additional community sessions reaching 468 least active young people of secondary age to become more physically active in community</p> <p>Two referral partners on board for social prescribing physical activity referral project</p>
<p>Data has shown that in Vale of Glamorgan, 15% of pupils said their ideas around school sport and PE were 'always' listened to, and 45% said their ideas were listened to 'sometimes'</p>	<p>Expanded Young Ambassador programme:</p> <p>In partnership with our team, one school now has 2 Sport & Physical Activity Young Ambassadors per form for school years 7 & 8 - significant impact on increasing participation rates as further by Young Ambassadors with other pupils.</p> <p>Young Ambassadors in a cluster have been working with the team to deliver leadership training to primary school pupils. This has not only upskilled Young Ambassadors but also provided opportunities for year 5/6 pupils to discuss types of activities they are interested in to progress. In both extra-curricular and community settings.</p> <p>Young Ambassadors have been working with school Council/School Sport Councils to widen consultation reach.</p>	<p>As a result of school-wide consultation in 1 school (and subsequent actions, at least 64 pupils have attended an extra-curricular sports club who have not previously attended anything active this school year.</p> <p>Pupil voice: pupils are actively involved in the consultation process and shaping future actions - they can see they are able to directly impact which reinforces their continued engagement.</p>
<p>Consultation with young people indicated 83% enjoyed 'informal' opportunities to be active</p> <p>Young people also enjoyed sport more in a community sports club.</p>	<p>Developed 'youth takeover' event at Penarth leisure centre working with Legacy Leisure and Vale Youth Service - with young people trying different activities after centre had shut to public. Penarth initially targeted as centre had indicated anti-social behaviour.</p> <p>New Teen Swim sessions developed in partnership with Legacy Leisure.</p> <p>New skateboarding sessions developed in partnership with Skateboard Academy UK.</p> <p>Informal football opportunities supported through Kicks project in partnership with Cardiff City Football in the Community programme.</p> <p>Worked with community clubs to develop new /additional opportunities.</p> <p>Cluster primary schools received taster sessions in sports identified through SSS results.</p>	<p>67 young people aged 11- 16 registered for Youth Take over. Event was successful in attracting those less active with 69% of participants who responded to post event survey indicating they did not meet Public Health recommended activity guidelines. As a result of attending event, 92% felt more confident to take part in more physical activity, 76% felt more motivated to be more active and 93% wanted to continue to take part in leisure centre based opportunities (dependent on costs).</p> <p>151 leaders / coaches attended training opportunities to support developing additional community / club activities. A further 265 pupils in yr 5/6 trained to deliver to peers resulting in at least 960 more pupils in Foundation through to yr 6 more active.</p> <p>22 organisations / sports clubs accessed £234,627.00 of external Sport Wales funding to increase opportunities. Further clubs supported to develop additional/new opportunities and significant investment into facilities to support and encourage increased physical activity levels for residents.</p> <p>Primary school-club links - 1097 pupils participated in taster sessions delivered by local clubs - raising awareness of existing local opportunities</p>

Listening to Children and Young People - You Said....We Did....

What did the data tell us?	What did we do as a result?	Impact - what does it really mean?
<p>Consultation has told us that families want low-cost / no cost activities to help children become more active.</p> <p>School sports survey data told us that 48% of pupils in Free School Meal 1 category Vale of Clamorgan participate in organised sport outside of the curriculum at least three or more times a week, compared to 44% in quartile 4 - schools with higher number of pupils receiving free school meals. This 4% gap between participation rate for pupils in quartile 1 and 4 is 12% lower than Wales average.</p>	<p>Worked with targeted FSM 3 and 4 schools to develop new extra-curricular opportunities to attract new participants and increase activity amongst those with low participation rates, targeted at narrowing inequality gap.</p> <p>Worked with play team to include free physical activity / sport as part of play sessions during school holidays.</p> <p>Delivered a free school holiday sports programme with a focus on areas with lower participation. Promotion and booking of activities within e.g. Foodbanks to ensure those most at need were aware of opportunities and able to book.</p> <p>Established 'equipment loan' schemes at two Foodpod/Foodshare sites (St Lukes Housing and Llantwit Major Foodshare) to enable families to access free sports equipment.</p> <p>Delivered a free sports programme within the Summer of Fun programme.</p>	<p>Continued to target FSM 3 and 4 schools with extra-curricular targeted work to narrow inequality gap - access to free localised activity.</p> <p>Free sports activities during playschemes provides access to free, localised, informal opportunities - taking away barrier of cost, and providing an alternative opportunity for those not confident, not interested or who cannot afford to attend formal clubs.</p> <p>The sports element of the Summer of Fun programme impacted on at least 432 children and young people across at least 84 sessions and included work with partners such as National Governing Bodies of Sport, local sports clubs. Additional holiday provision has been provided throughout the year in various towns and villages across the Vale - with a focus on areas where families have less resources.</p> <p>Equipment Loan scheme makes it easier for families to access no cost physical activities in their own community, taking away cost and transport as a barrier to participation, whilst supporting family based activity - supporting all age groups to become more active together.</p>
<p>School sport data indicated a 10% gap in activity levels between disabled children and young people being active, compared to non disabled counterparts.</p>	<p>Targeted projects with three schools to reduce disability inequality including:</p> <ul style="list-style-type: none"> • Work with primary school resource base at Jenner Park to increase opportunities to access appropriate physical activity. • Work with secondary autism resource base at Pencoedtre High to increase opportunities, taking into account current barriers - consultation undertaken and programme of activity developed as a result. • Work started with Specialist Resource base at Cowbridge Comp to increase opportunities. <p>Working in partnership with University Health Board and Disability Sport Wales on the Disability Health Pathway project to signpost disabled people to local sports / physical activity opportunities.</p>	<p>16 targeted disabled pupils of primary age have been accessing regular physical activity, previously little activity.</p> <p>12 pupils within autism resource base of secondary age have been consulted and programme of activity developed as a result. New and continued engagement amongst the pupils.</p> <p>New signposting pathway into community provision in place for disabled young people referred by Health professionals.</p>
<p>School Sport survey told us that extra-curricular and community participation rates for pupils in school yrs 3 / 4 and 5/6 were lower than those pupils at secondary age (a reverse of the National data)</p>	<p>Organised series of taster sessions (linked to local clubs) in primary schools who had completed the school sport survey, based on sports pupils indicated they wanted to do more of.</p> <p>Organised festivals to encourage participation</p> <p>Delivered Sports Leaders Playmakers training to identified KS2 pupils to enable them to facilitate peer led break-time and lunch-time activities to younger pupils.</p>	<p>Approx 4500 primary pupils have had opportunities to try new opportunities and become more active in basketball, dance, tennis, cricket, gymnastics, martial arts, football and running through school-club links and festivals</p> <p>218 pupils in school years 5/6 have been trained to facilitate activities for peers - 100% reported an increase in confidence. As well as observing increased physical activity levels, schools also reported noticeable positive differences in playground behaviour etc.</p>

You Said....We Did.... for sports with highest latent demand

What did data tell us	What did we do as a result of data	Impact - what does it really mean?
<p>Swimming 40% of young people aged 11-16 years indicated that they wanted to do more swimming and 58% told us that they enjoyed 'informal' activities 'a lot'. Anecdotal feedback from young people said that although there were existing free swim sessions, they were not attractive to their age group.</p>	<p>A weekly teen inflatable swim session was developed in partnership with Legacy Leisure.</p> <p>A swim voucher scheme was rolled out in three secondary schools where swimming was identified with a high latent demand - to support young people to access free swimming opportunities.</p>	<p>249 participations in swimming over a block of 12 new sessions. As a result of the success and partnership working, weekly sessions will now be continued at the leisure centre.</p> <p>At least 75 pupils from three schools were supported to access swimming to increase activity levels.</p> <p>Pupils can participate in continued free swimming opportunities through the Sport Wales funded Under 16 Free Swim Initiative delivered in leisure centres.</p>
<p>Football 48% of pupils aged 7-10 wanted to play more football. Spaces for ages 6-8 years in most clubs were taken up with no further capacity. Further consultation with residents also indicated that many of this age group did not want commitment of joining a club. 35% of pupils aged 11-16 years wanted to play more football with 83% enjoying sport played outside school or at a sports club</p>	<p>Developed weekly 'turn up and play' football sessions for 6-8 year olds which resulted in 33 children accessing community football for the first time. As a result of these sessions, partnership work with Legacy has resulted in ongoing weekly sessions.</p> <p>Worked with Cardiff City Football in the Community to re-establish community 'Kicks' football in Colcot area - informal turn up and play weekly sessions for ages 11-17 years.</p>	<p>Feedback indicated that 75% of respondents stated their child did not meet recommended activity guidelines but as a result of taking part in sessions 100% felt more confident to take part in more activities and 76% felt more motivated to continue with sessions.</p> <p>As a result of new sessions being re-established in January 23, there were 108 Kicks participations with weekly sessions to continue.</p>
<p>Basketball 52% of children aged 7-10 years and 41% of young people aged 11-16 years indicated they wanted to be more active through basketball</p>	<p>Cluster basketball enrichment activity at local secondary school - LSA basketball coach delivers sessions, school provides transport and local primary schools attend for 4 weeks on rotational basis.</p> <p>12 new coaches have been trained to support more basketball opportunities within Vale basketball clubs and extra-curricular settings.</p> <p>Club development to expand opps</p>	<p>The basketball link has facilitated 105 pupils to date to take part in weekly sessions of basketball with each child receiving at least 4 weeks of activity (which will be continued through extra-curricular club at primary school)</p> <p>100% of newly trained basketball coaches feel more confident to deliver basketball sessions.</p> <p>Work is ongoing to develop basketball sessions in Penarth and support expanding current sessions at club in Barry.</p>
<p>Cycling 41% of children and young people in the Vale indicated they wanted to cycle more</p>	<p>A Vale wide cycle forum has been developed led by the Healthy Living Team in partnership with Active Travel and Road Safety team - established to enable collaboration between partners to develop cycling opportunities.</p> <p>Work with Road Safety and Active travel to develop opportunities for those with no access to bikes</p> <p>Work with local Community Councils to develop cycle trails</p>	<p>13 organisations involved in new Vale cycling forum.</p> <p>Barry Cluster Officer secured funding for 17 bikes at local high school. As a result of bike availability, a scheme was introduced in summer in partnership with Vale Road Safety Team to upskill pupils on free school meals through cycling proficiency to enable them to loan bikes during school holiday period. In order to make this sustainable, 3 staff from the school will be subsequently trained and school plan to work with feeder primary schools.</p> <p>Two community councils have been identified to host 'cycle activity trails' to meet local demographics. This is to ensure we have safe and accessible spaces for children to learn to ride / sustain cycling activity where traditionally no access to tracks etc</p>

You Said....We Did.... Developing School - Club links

What did data tell us	What did we do as a result of data	Impact - what does it really mean?
<p>Golf 28% latent demand identified through SSS and the activity was viewed positively by those who were least active. However the junior section at Brynhill Golf Club had dissolved during covid.</p>	<p>The Healthy Living Team worked with the club to develop school-club links for secondary age, working with Whitmore High and Pencoedtre High, and delivering community taster sessions for primary and secondary age. The club played a huge part in providing an appropriate offer through e.g. charging no membership fees, making equipment available to use, developing a graduate scheme for those progressing from the taster sessions into the 6 week introductory block of sessions with e.g. free hat and club t-shirt after attending so many sessions.</p>	<p>As a result of this project, nearly 50% of those taking part in the extra-curricular sessions / holiday taster activities have progressed to club membership and are playing on a regular basis. The junior membership is now thriving and the club was also successful in a Be Active Grant to develop facilities.</p>
<p>Badminton Young people enjoyed sport more in a community sports club. Lack of local opportunities for juniors.</p>	<p>Worked in partnership with Badminton Wales to develop new club sessions in Penarth.</p>	<p>A sustainable youth section is now established in Penarth with 15 players regularly participating on a weekly basis. 100% of parents reported improved health/wellbeing and physical activity level for their child</p>
<p>Netball Discussions with Red Dragons Netball club had identified a drop off in primary age participation post COVID.</p>	<p>A series of 6 after-school sessions at 6 primary schools were delivered by club coaches during the winter and spring term impacting at least 90 pupils, with the club also running end of term festivals.</p>	<p>30 new players have joined the club and 6 schools have started after-school netball clubs. In addition, 1 parent at a school has trained as a netball leader and is also now volunteering within the club. Further development work with the local secondary school has also resulted in a direct school-club link where the club use school facilities for delivery of club sessions and in return the club deliver after-school netball provision (as school did not have a regular after-school club.)</p>



Case Study
Vale on the Move – Western Vale

What did insight tell us:

School Sport data in the Western Vale geographical cluster indicated participation in physical activity/sport was lower for primary ages but at same time, children enjoyed sport more in a community setting.

What happened:

A series of free community club taster sessions were organised in 4 different sports, which were highlighted as in latent demand in the consultation.

The Impact:

- 56 participants (55% females and 45% males) attended the sessions. None of the participants indicated they currently met the recommended national physical activity guidelines. Therefore, the tasters were attracting the intended audience.*
- As a result of participation in tasters, 100% of respondents felt more confident and motivated to take part in more activities.*
- 80% of participants wanted to join a club following the taster sessions.*



Case Study

Addressing Inequalities - Disability



ADDRESSING INEQUALITIES

ESTABLISHING EFFECTIVE PARTNERSHIPS FOR AN INCLUSIVE SECTOR CULTURE



Project Background

The Healthy Living Team (Sports Development) within the Vale of Glamorgan Council has been without a Disability Sport Officer post for the past twelve months and keen to ensure an inclusive environment, the Active Young people team have ensured inclusive practices are embedded into everyday work.

Differences in participation levels between disabled and non disabled young people were identified in the School Sport survey and as a result the team have actively worked to develop new partnerships to ensure disabled young people have opportunities to access sport & physical activity.

Insight

As part of an analysis into the School Sport Survey, it was highlighted that within the Vale of Glamorgan, 34% of pupils with a disability or impairment participated in organised sport outside of the curriculum three or more times per week, compared to 44% of pupils without. This was slightly lower than the identified 35% of pupils with a disability or impairment who participated in organised sport outside of the curriculum three times a week or more across Central South, and 35% across Wales.

Identified Barriers to Participation

As a result of discussions with various partners involved in the projects, there were identified barriers to participation that were considered during development of each projects including:

- Quieter spaces needed to be accessed for activities
- Time needed to be built into projects to allow activity leaders to build rapport with participants before start of activity
- Promotion /signposting and raising confidence for participants and parents/carers



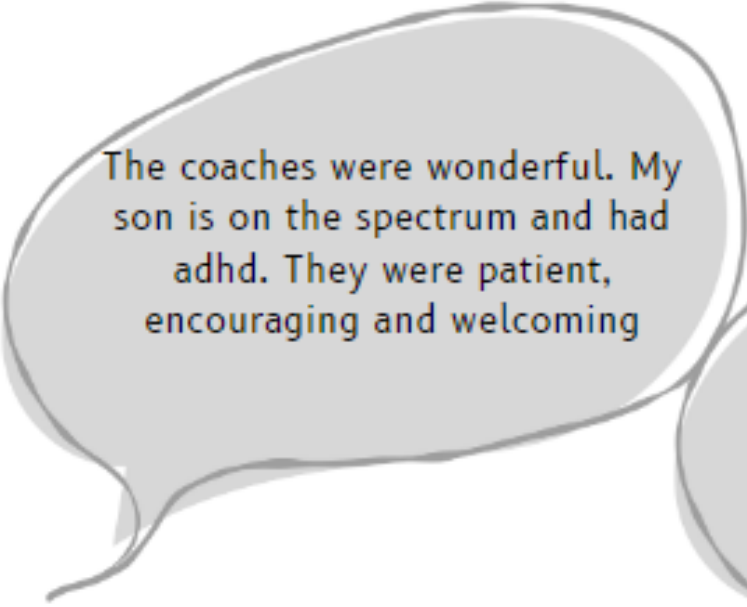
Projects and Impact

As a result of developing new partnerships, new projects have been established including:

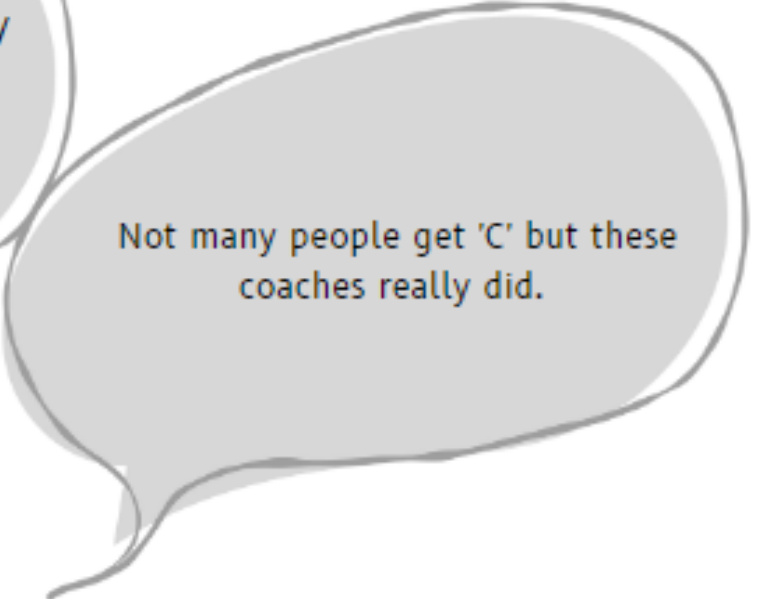
Community Provision

Within the Vale, it recognised that whilst there is a vibrant sports clubs network, it has been identified that there are limited introductory opportunities for children to be active within a group setting and without focusing on one sport only. It has also been identified that opportunities for families to access activities where cost is a barrier were limited and as a result of local consultation, it was identified that families wanted to be more active with their children. Therefore, a block of family based physical activity sessions were developed, targeting those families where children do not already belong to local sports clubs and /or targeting those with low activity levels. As a result of the inclusive nature of these sessions/activities, 27% of participants attending identified themselves with additional needs / disabilities. During the course of the sessions, parents/carers identified that being able to be active alongside their child removed some of the barriers their children had previously faced and the sessions also provided a positive platform, for both parents/carers and children to recognise that activities were inclusive. All participants attending (disabled and non disabled) indicated they were not regularly active nor members of sports clubs and as a result of participation in sessions, were more motivated and confident to continue to be active. Low cost – no cost resources were provided to families to encourage continued participation.

As well as family based sessions, the team have used school sport survey results to develop Vale on the Move community based taster sessions with local clubs. There has been some direct targeted promotion through local links with both schools and other local organisations and as a result participation within such sessions have indicated that children / young people with additional needs have accessed such sessions with 100% feeling more motivated and confident to join local clubs. It was evident that having the 'right' coaches at sessions were crucial for a positive engagement.



The coaches were wonderful. My son is on the spectrum and had adhd. They were patient, encouraging and welcoming



Not many people get 'C' but these coaches really did.

Secondary School Links 1

As a result of a referral through the Disability Health Pathway scheme and subsequent discussions with family, it was identified that a young person attended an autism resource base within a local secondary school. Therefore, a cluster Healthy Living Officer from the team made contact with the resource base to discuss physical activity opportunities not only to support this referral, but also other pupils within the base. As a result, consultation took place with young people to identify interests and gaps were identified in opportunities. Although some of the activities identified by the young people were already taking place within the school's enrichment programme, after further consultation with both young people and support staff, due to challenges and barriers faced by the young people (e.g noise related challenges, reduced timetable etc) a separate timetable of extra-curricular provision was developed to support the young people in accessing opportunities. There has been additional provision factored in to enable instructors to build rapport with young people before starting physical sessions to overcome some of the identified barriers.

Primary School Links

As a result of increased work with a primary school with low participation rates as identified in School Sport survey, a partnership has been developed with the Family Liaison Officer to increase additional sport opportunities including developing local school-club links. As part of this offer, it was noted that children based within a resource base were not accessing offers that were being developed due to a number of barriers. Therefore, there was additional flexibility within the project to remove some of the barriers. The project facilitated three local clubs (two of which are INSPORT accredited) to deliver a series of sessions to the resource base impacting on 16 children, based on consultation with the children around activities they wanted to try.

Secondary School Links 2

An archery club was established with the support of Active Young People funding. The club was set up with the aim of providing a valuable inclusive opportunity within the schools extracurricular programme. The club has expanded beyond their capacity, and has invested in adaptive equipment to accommodate members of the Specialist Teaching Facility (TYFU) within the school, with dedicated sessions provided to the unit to introduce pupils. There is regular participation of a small number of TYFU peoples within the extracurricular club including VI pupils, and the club is seeking to buy further equipment to encourage further members to join, in addition to offering dedicated introduction sessions through collaborations with PE department staff. The club was nominated for the Participation Project of the Year Award through Archery GB in 2022.

The club is keen to develop further links with TYFU students. The cluster Healthy Living Officer is currently working with the TYFU to find appropriate school and community signposting opportunities for pupils, building on supporting the range of inclusive sports offered in taster form to pupils by school staff directly to the unit. This takes place every week on a Wednesday, and ensures appropriate introductions are made to pupils.



5. ACTIVE ADULTS

- **To engage the older generation into sport and physical activity, to positively impact on their health and wellbeing**
- **Targeting the inactive and those with low participation levels**

More than 4012 participations amongst 60+ age residents

It was an extremely difficult year in relation to the Active Adults programme with the devastating loss of Elliot Pottinger, the Officer leading on this programme, who sadly passed away. Elliot was an enthusiastic person who had such positivity, and that positivity helped him inspire older residents to become active through the 60+ Active Leisure Scheme ('Golden' project). Through his work on the scheme, Elliot has created a wonderful legacy that will continue to help improve the lives of residents in the Vale.

The 60+ Active Leisure Scheme, known as the Golden Project in the Vale, aims to increase physical activity participation and support wellbeing amongst the least active in the 60+ age group by emphasising social interaction as a key element of the activity sessions. The project was severely impacted by the loss of Elliot, however there was positive impact of his work. Progress was made in all three areas of the scheme and included:

The Golden Pass

Using the principles of behaviour change to guide the least active people on a journey to becoming active on their own terms.

- Project was expanded across the Vale with 'Activity Hubs' in the Barry, Eastern Vale and Western Vale areas with 20+ activity providers registered on the scheme. 490 residents engaged in the project, with 305 residents provided with a Golden Pass, enabling them to access 8 free sessions in activities of their choice.
- Self-referral into the project was introduced in addition to the Referral Partner route that was initially used. This led to a large increase in membership requests and will continue to be a main method for referrals moving forward.

- Comparison of pre and post activity survey results completed by participants indicated:
 - increased confidence levels to participate in activity
 - increased physical activity participation at 90% for all participants, demonstrating a sustained participation.
 - participants also highlighted the benefit of increased social interaction gained from the sessions, supporting the reduction of loneliness and isolation that can often be encountered by older people.
- Consultation undertaken with current Golden Pass members to find out how to support ongoing participation in activity. Feedback being used to support future actions.



FEEDBACK - WOWFIT GOLDEN PASS SESSIONS

Lynn, age 77

'Excellent class. Has made a great improvement to my overall physical & mental health'

Annie, age 81

'Highly recommend these classes. Tracy is so knowledgeable and a great help. I can do things that I was losing the ability to do'

Sue, age 63

'I have found these classes a fantastic way to help me with my fitness and keep me mobile. I have made so many lovely friends already. I hope they continue to'

The Golden Fund

Improving existing provision, and expanding the range of sport and physical activity provision available to the 60+ age group to meet demand.

- 16 community projects were supported with funding and development advice to create new or further enhance existing physical activity opportunities for residents enrolled on the Golden Pass project.
- New activities developed included beginners archery sessions; chair yoga, racketball, walking netball, walking football (Legacy Leisure), petanque, Chair Fit – chair based fitness, soft ball fitness class, music and movement sessions, tennis, dance, squash and yoga.
- An Adapted Seated Sports programme was delivered by RISE to 286 residents at 28 independent and assisted living settings, community and care homes. Each venue received 6 activity sessions to increase physical activity, mental stimulation and offer an enjoyable experience. As a result, the settings have knowledge to continue activity on their own, whilst 15 of the settings continued engaging RISE to deliver further sessions.

Participants feedback: enjoyed trying new sports; never thought would play sport again; had fun socialising; enjoyed getting active; fun playing sport in teams; felt competitive again.

FEEDBACK - WALKING NETBALL

"I never thought I would be back playing netball after nearly 3 decades away from the sport".

"Meg is a fantastic coach and provides lots of fun activities to keep us all motivated".

Feedback from walking netball provider:

"The main barrier for participants to participate is anxiety. They are nervous about participating as unsure if they have the confidence or the ability to take part. Once participants take part in the session, they have an enjoyment experience and continue to return. But we need to get them through the door first which is the main barrier".



Golden Activators

A volunteer programme targeting 50+ age group who want to support more people aged 60+ to become more active. The programme is guided by volunteers, encouraging them to design innovative ways of helping people to move more, with support from the Healthy Living Team.

Case Study

Peterston Super Ely – Developing A New Short Mat Bowls Club

What did insight tell us:

Wellbeing Assessment and localised insight highlighted that access to services is more limited in the rural Vale, and a high percentage of older people report feeling socially isolated.

What happened:

A local resident was the initial driving force behind this project, who came on board as a Golden Activator. Following confirmation of demand, a new section within the Peterston Church and Community Hall Committee was set up to drive forward the development of a short mat bowls club to engage the community and increase their physical activity levels, whilst helping to reduce social isolation. With support from the Healthy Living Team, they were supported to develop, and provided with a Golden Fund award to purchase equipment and support initial free access to sessions.

The Impact:

- More than 30 people signed up for sessions with an average of 20 people attending every week, highlighting sustainable activity development.*
- Bringing the community together, acting as a social hub for the area. Many of the participants now participate in other village events as a result of the confidence and friendship built from these sessions.*
- Highlights the positive links between the Golden Pass, Golden Activators and Golden Fund elements of the 60+ scheme.*



*“There are so many benefits from participating in bowls as I now feel part of the community and feel included”
Female aged 79.*

*“For many of these participants this is the only social interaction they have all week. Bowls works very well in this aspect, as they have the social element whilst they are waiting their turn.
Feedback from Officer*

Other active adults work included:

- Working with Flying Start to engage parents into physical activity to ensure they are setting good foundations as positive role models for their children – pilot developed starting with consultation with parents to determine types of activities they wanted to take part in, /barriers etc. A series of activities were offered at different times of day / evening to accommodate both working / non-working parents - however attendance was low, and although a creche was anticipated to be provided, this was not achievable and had a noticeable impact on attendance. Flying Start will use the pilot and associated feedback /barriers to develop more a sustainable offer.
- Creation and promotion of Vale on the Move Active at Homes resources to support residents to undertake low cost / no cost activity within their home.



VALE ON THE MOVE ACTIVE AT HOME



This information leaflet provides you with some ideas of activities that can be undertaken with the equipment provided. Remember to start gradually and build up. If you have health conditions please consult health professional before starting new activity.

Resistance Bands - Yellow bands have the lowest resistance and you may want to use this initially. You may need to start with lower repetitions for each exercise and build up gradually doing more repetitions and / or using the next strength band.

WARNING:
Skipping ropes have a strangulation risk - please supervise children and keep away from babies/very young children.



Resistance Band - Lateral Raise

Place both feet on the middle of the resistance band and hold each end of it with your hands. Raise both arms to the side until they reach shoulder height, then return to your starting position and repeat ten times.




Resistance Band - Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it with your hands. Stretch both arms out in front of your chest, then return to the starting position and repeat 10 times.




Resistance Band - Squats

Place both feet in the middle of the resistance band and hold each end with your hands. Slowly bend your knees into a squat position (trying to keep your heels on the floor and your bottom pushing back). Return to your starting position and repeat ten times.



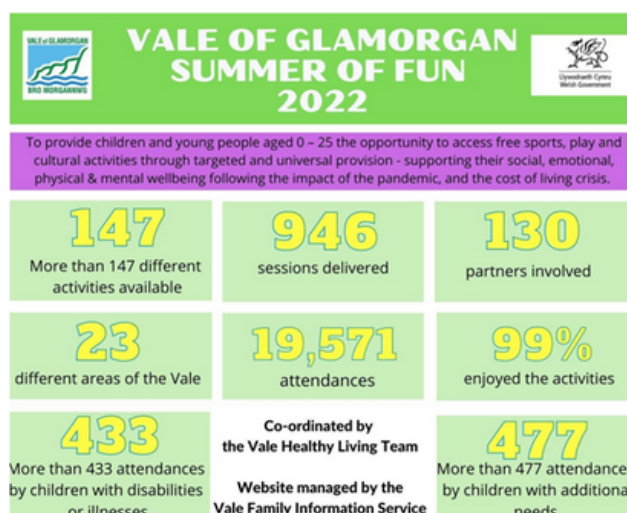

Resistance Bands - Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the band and hold it at both ends. Bend your knee, then straighten it back out in front of you before returning to your starting position and repeat ten times.




6. ACTIVE COMMUNITIES

- A network of inclusive, thriving clubs and organisations delivering quality opportunities to increase regular participation
 - Using the diverse natural and built environment to encourage more informal physical activity opportunities
 - Supporting access to low cost / no cost activities
 - Extending reach to those not part of clubs
- Healthy Living Team have assisted clubs to apply for funding, and supported Sport Wales with assessing Be Active Funding applications from Vale sports organisations, to support them to develop projects which reduce inequality, create long-term sustainability or introduce new or different ways of operating. 22 Vale organisations were successful in receiving £234,627 of Be Active funding.
 - Co-ordinated the Summer of Fun programme, working with 130 partners to provide free activities to support the social, emotional, physical and mental wellbeing of children and young people, as well as support families impacted by the cost-of-living crisis - by providing free activities over the summer holidays. The Healthy Living Team led on the sports element of the programme working in partnership with local community clubs and National Governing Bodies of Sport.
 - 352 participants involved in the sports activities, of which 91% indicated they did not currently meet recommended activity guidelines, but 94% felt more confident to try activities as a result.
 - Supported the clubs with engaging with the community and encouraging new club membership. Positive progression rates for those moving on to joining clubs e.g. as a result of six weeks of golf taster sessions, 50% went on to join as junior members
 - Targeting those most affected by cost of living crisis – team attended 7 foodbank sessions to promote activities and provide an accessible platform for families to access booking system.
 - A full Summer of Fun report and video is available.



- Working with the Vale Play Team to deliver free sport and physical activity opportunities across the Play Rangers sessions, in outdoor spaces in identified communities to reduce barriers to access activities due to cost and transport issues. Also delivery of free taster activities at Family Fun Days and events.



- Providing sports equipment to the Playpods project, where the Play team have placed 'play cubes' at locations across Vale, enabling free physical activity alongside play at these sites (Colcot, Caerleon Road-Dinas Powys, Rhoose, Salisbury Road-Barry, Stratford Green-Barry; Plassey Square-Penarth; Palmerston Community Learning Centre.
- Linking with Food Hubs at St Lukes (Penarth), Llantwit Major Foodshare project and Llantwit Major More Than Food Chatty Cafe to provide free equipment loan scheme for local families and signposting sessions to provide information around opportunities such as the Golden Pass, wellbeing walks, Vale on the Move activity leaflets – supporting access to informal activity for lower income families where sports club membership costs are sometimes a barrier to participation.
- Working with Youth Service Wellbeing clubs in 4 secondary schools to introduce a programme of physical activity to increase physical activity levels for those currently infrequently active, as confidence to join existing extra-curricular activities is low - introducing activity within familiar environment will therefore reduce some of the barriers.
- Disability Health Pathway – a partnership project between the Healthy Living Team, Cardiff & Vale UHB and Disability Sport Wales. Health professionals refer disabled people who would like to become more active to the Healthy Living Team who 'signpost' to appropriate local activities - supporting inclusion.
- Social prescribing project for young people – commenced initial planning stages. Working with identified referral partners Youth Service and the University Health Board Social Prescribing team to share resources to progress specific elements of projects with aim of project launch in 2023 – 2024 period. Project will provide introductory offer to young people experiencing wellbeing areas who would benefit from access to physical activities with ongoing mentoring from referral partner.
- Worked in partnership with Wick Community Council to create a community cycle markings area in Wick, and with identified schools to provide safe spaces for children to learn to cycle and scoot.
- See appendix 1 for examples of projects undertaken to support disabled people to access sport and physical activity.

Case Study Leisure Centre Youth Takeover

What did insight tell us:

School Sport Survey and SHRN data highlighted limited activity levels for secondary age pupils (11-16 years) and at the same time, more young people indicated they enjoyed sport more in an informal environment.

What happened:

Working in partnership with Vale Youth Service, Legacy Leisure and local organisations, the Healthy Living Team organised a 'youth take over' based at Penarth Leisure Centre (which was experiencing anti-social behaviour). This informal two-hour event took place on a weekend - after the centre had shut to public - and gave young people the opportunity to try a range of activities including swimming, 5-a-side football, SPIN, dance, skateboarding, archery, badminton and gym inductions.

Benefits of the project:

67 young people registered for the event, which was successful in attracting those less active - with 69% of participants indicating they did not meet the current activity guidelines of 60 minutes of activity 5 times a week. As a result of attending the event:

- *92% felt more confident to take part in more physical activities*
- *76% felt more motivated to be more active*
- *93% indicated they wanted to continue to take part in leisure centre activities or local opportunities linked to activities they had tried (dependent on costs)*
- *young people were able to meet coaches from within their local clubs and leisure centre, enabling them to recognise a friendly face if they were to continue with future activity – often cited as a barrier to participation*



7. ACTIVE LEARNING

- **Vale Active Learning Pathway – developing the coach, volunteer & leadership pathway**
- **Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive sport and physical activity opportunities**

Developing young leaders, community coaches and volunteers

- 47 leadership & volunteer training/mentoring opportunities involving 2597 training hours with 3970 volunteer hours committed by young people through the Active Young people Programme. 59 organisations positively impacted by this.
- 265 children from 16 primary schools have received Playmakers training to develop their skills to deliver physical activity opportunities to their peers.

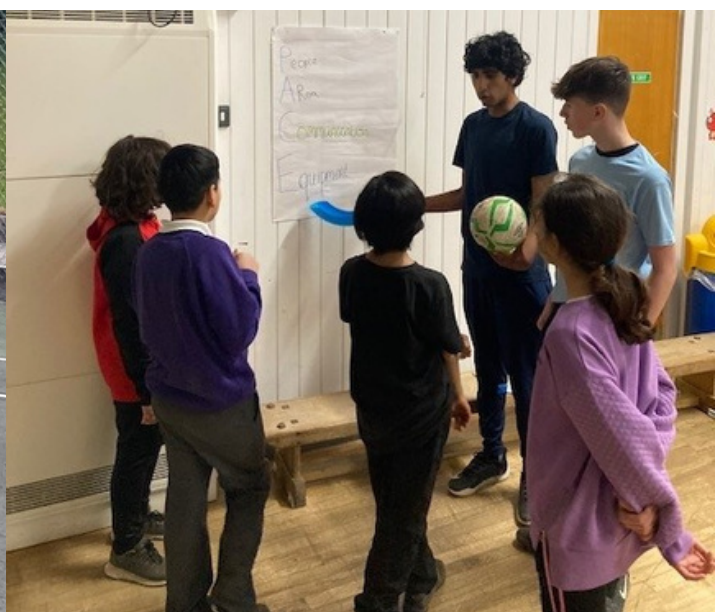
Playmakers is a National Sports Leaders UK introductory award for sports leadership for pupils in years 5 and above. It gives pupils the skills and knowledge to be able to assist in leading games and physical activities in school, at break / lunch-times. The award focuses on developing specific skills such as communication, organisation of people and equipment and safe use of space.

The Playmakers course contributes to the health and well-being area of learning for the new curriculum facilitating children to be inspirational leaders through developing ambitious learners and enterprising and creative contributors.



- The Young Ambassadors project was delivered, with young people becoming ambassadors to encourage and support their peers to participate in activity.
 - The programme was linked to United Nations Conventions on the Rights of the Child RC with the Youth Service Rights Ambassadors delivering a Children's Rights workshop to the Young Ambassadors.
 - The YA programme was increased in specific schools and bespoke provision developed based on consultation by YA's who supported pupils into activity. An example of activity created as a result of consultation has already attracted 69 pupils in years 7/8 who are new to extra-curricular sports clubs.
 - YA's have linked to School Councils to increase engagement.
 - YA's have been assisting with the delivery of Playmakers courses at local primary schools. This develops links as transition type activity and also increases skill level for YA's.

- 31 candidates from 22 different clubs and organisations attended 8 courses as part of the Creating Confident Coaches and Volunteers project. These included First Aid, Safeguarding and Football Leaders course.
- The Coaches of the Future project has seen 22 young people from 8 organisations selected to receive mentoring and training to support delivery of sports activities within community clubs and schools. As part of the Leadership Pathway within the project, young people have attended 154 hours of training in workshops including Community Sports Leaders and sport specific leadership courses. As a result, they have positively impacted on at least 319 participants. Identification of qualified sports coaches has been a challenge since COVID – the COTF has focused on creating a pathway into paid casual coaching work to support development of specific projects.
- The Healthy Living Team and NERS staff members have attended Motivational Interviewing training which is a method for supporting behaviour change by improving the initiation of physical activity. Staff members are using the techniques to support engagement and retention.
- Leadership training has been delivered to young leaders within youth club settings so they can support informal activity amongst peers.







VALE PLAY TEAM ANNUAL REVIEW

APRIL 2022 – MARCH 2023

A PLAY FRIENDLY VALE

SUPPORTING PHYSICAL & MENTAL WELLBEING THROUGH PLAY

CONTENTS



Section 1 *Page 03*

OVERVIEW

Section 2 *Page 04*

THE VALE OF GLAMORGAN VISION,
PRIORITY AREAS & PARTNERSHIPS

Section 3 *Page 07*

THE PLAY SUFFICIENCY
ASSESSMENT 2022

Section 4 *Page 09*

PROVIDING FOR DIVERSE NEEDS

Section 5 *Page 17*

PLAYFUL COMMUNITIES

Section 6 *Page 28*

A SKILLED & KNOWLEDGEABLE
WORKFORCE

Appendix 1 *Page 30*

THE PLAY SUFFICIENCY
ASSESSMENT - WHAT DID WE
FIND OUT?

1. OVERVIEW

The Welsh Government is the first Government in the world to legislate for children's play – they acknowledge that children have a right to be able to play and want Wales to be a country where children are increasingly seen outside enjoying the benefits of play.

The Vale of Glamorgan Council and their partners acknowledge and support a child's right to play. They want to create a play friendly Vale which provides the time, space and permission for children to play as they chose – promoting positive attitudes towards children playing in their communities.

To do this it is important that parents, families, community members and decision makers, who impact directly or indirectly on play opportunities, recognise that play is of great importance in children's lives and for their future development. Consultation undertaken with children, young people and adults in the Vale has identified a range of benefits from playing, including the opportunity for children and young people to :

- have fun
- develop relationships
- build confidence
- develop their imaginations and creativity
- relax
- develop resilience
- develop their problem-solving skills
- have time away from the stresses and challenges they may face in everyday life

To demonstrate their commitment to supporting children to play, in November 2012 the Welsh Government placed a duty on all Local Authorities to assess the level of play opportunities in their area through completion of a Play Sufficiency Assessment every three years, and produce an annual action plan and progress report to improve play opportunities available.

The Play section of the Vale of Glamorgan Council's Healthy Living Team co-ordinate the Vale Play Action plan in collaboration with more than 50 partners, to support the physical and mental wellbeing of children and young people through play.

The Vale is blessed to have a natural environment that supports play, with a range of beaches, woodlands and green spaces available, in addition to the built spaces such as play areas. Children and young people can turn almost any space into a play space. There are aspects of today's society that can limit children's freedom, time and space for play. It is essential there is a partnership approach to help create play friendly communities where children can freely play.



2. THE VALE OF GLAMORGAN VISION, PRIORITY AREAS & PARTNERSHIPS

The Play Sufficiency Assessment and Play Action plan sit within the Vale's Leisure Strategy 2017-2027, which sets out the approach to sport and recreation provision in the Vale of Glamorgan. They also align to, and feed into key strategic plans including the:

- Vale of Glamorgan Corporate Plan
- Vale of Glamorgan Public Services Board Wellbeing Plan – including priority workstreams and a number of the 'steps' identified in the Wellbeing plan
- Cardiff & Vale Public Services Board Move More Eat Well Plan

VISION FOR PLAY IN THE VALE

A Play Friendly Vale

OUTCOMES

Inclusive opportunities to play safely in the Vale

A network of staff, volunteers and parents who have the skills and knowledge to support quality, fun play

The natural and built environment in the Vale is supporting a range of play experiences

Everyone recognises and values the health and wellbeing benefits from participating in play

OBJECTIVES

Active involvement of children and young people in the decisions around play in their communities

Local communities are interesting, welcoming and safe places where children and young people can play freely

Our communities are supported to enhance and promote the play opportunities in their area

Individuals are supported to develop the skills, knowledge and confidence to support fun play opportunities for all

There is acknowledgement of the benefits of play and recognition of all children's right and need to play

Professionals involved in the planning, designing and management of communities understand their role in, and the need to create child friendly places

The focussing of resources supports the priorities identified within these plans. Whilst universal participation is a desire, the limited resources available means there is a focus on projects that target areas and groups where participation rates are lower. The way in which the Healthy Living Team works, and the ethos of the plan means that equality themes are considered across the projects.

The main financial resource to deliver the actions in the Vale Play Action plan was secured via Welsh Government investment streams including Playworks, Families First and Children and Communities grant, which were pooled with investment from other avenues including Vale of Glamorgan Council, S106 and other project specific partnership funding to develop projects that meet the aims of the various partners involved.

There is a partnership network within the Vale, which can continue to be built upon to further support and encourage children and families to play. This network brings together a range of partners from sectors such as Play, Social Services, Family Engagement, Education, Housing, Youth Services, Parks, Town & Community Councils, third sector groups, and organisations who work with residents. These networks have been integral to the identification of priority areas of work and working towards a collective approach to targeting individuals and groups who would benefit from increased access to play opportunities. The priorities identified were as follows. These are long term priorities that will continue across annual Play Action plans.

- a collaborative approach to collection and analysis of insight to inform planning and the active involvement of children and young people in decisions around play in their communities
- targeting resources and provision, supporting play amongst those affected by socio economic factors, rurality and children and young people with additional needs
- the delivery of staffed play provision
- supporting families to undertake no cost / low cost opportunities themselves
- increasing the play workforce to support delivery of increased community provision
- supporting organisations and community volunteers to deliver quality play opportunities - providing a training and mentoring package to new and existing play staff and community volunteers to increase knowledge and skills
- encouraging and supporting residents to play in their local communities, including progressing with the Play Street initiative to support the development of a road closure policy for communities
- increasing access to play within school settings through the Play Friendly Schools initiative
- promoting positive attitudes towards children and play



The Vale Play Team have been involved in a number of authority level, cross county and national partnerships. Examples include:

- Vale Play Representative invited to sit on Welsh Government Ministerial Play Review group - cross-professional steering group of play and playwork specialists, and policy officials from across the Welsh Government set up to support the review.
- Representative attending the All Wales Strategic Network meetings, the Regional Play Sufficiency Assessment network meetings and relevant meetings hosted by Welsh Government. These have provided a good support mechanism to facilitate the sharing of information and good practice relating specifically to the PSA, and more generally around play matters. This continues to be important for the Vale of Glamorgan, as the play infrastructure at a local authority level is limited.
- Links to Play Wales - workshops, advice and guidance on Play Streets pilot in the Vale; Support with developing Play Friendly Schools project; Community Play Initiatives; Consultation and Events; HAF Project / Play Ambassadors in the Vale; Attendance at their national engagement sessions and workshops
- Links to Cardiff Council : Vale Play Team delivered playwork training to staff in Cardiff Play Services; Support from Cardiff Play Service on Street Play – workshops, advice and guidance; Development of community projects across Cardiff and the Vale in partnership with Recreate Scrapstore.
- Links to Adult Learning Wales: Partnership tutoring – delivery of playwork training by the Vale Play Team in the Vale on behalf of ALW; ADDaPT training completed by Community Play Officer to qualify as playwork tutor – enabling increased capacity to deliver training in the Vale.
- Attendance at meetings and workshops raising awareness of the positive impact play can have on wellbeing agenda and corporate priority areas such as Mental Health Huddle, Cost of Living workshop, Wellbeing planning, Education meetings.

There is continued liaison between the Healthy Living Team (which includes the Vale Play Team) and the Cardiff & Vale Public Health Team representatives leading on the Move More Eat Well plan. An action within the MMEW plan includes increasing physical activity in all educational settings which includes development of play opportunities. Representatives from the Healthy Living Team sits on both the Move More Eat Well Implementation Group and the Move More Eat Well Educational Settings group ensuring that play is considered in discussions and hopefully secured within future plans. Team representatives attended the MMEW Showcase and planning event held, actively contributing to the planning process for future plans. The work of the team was included in the MMEW series of videos to demonstrate how the work is impacting on MMEW actions - <https://twitter.com/mmewcav/status/1600067776076517377>.

Funding was secured through the MMEW Prevention Funding stream to purchase resources to support the Play Friendly Schools project (see section 5).

3. THE PLAY SUFFICIENCY ASSESSMENT 2022

As part of the Welsh Government Play Sufficiency Duty, a Play Sufficiency Assessment was undertaken in 2022. The Healthy Living Team led on the completion of the assessment process. Within this process, the Welsh Government asked all Local Authorities to assess around 100 different criteria relating to play across the following 8 Matter Areas:

- Matter A: Population
- Matter B: Providing for Diverse Needs
- Matter C: Space Available for Children to Play: Open Spaces & Outdoor Unstaffed Designated Play Space
- Matter D: Supervised Provision
- Matter E: Charges for Play Provision
- Matter G: Securing & Developing the Play Workforce
- Matter H: Community Engagement & Participation
- Matter I: Play within all relevant Policy & Implementation Agendas

Whilst the Healthy Living Team led on the Sufficiency Assessment process, it was acknowledged that other Council departments, public and voluntary services, and the residents themselves all have a part to play in contributing to securing sufficient play opportunities. Therefore, a variety of methods were used to gather information to support this process. This included consultation with internal departments and external organisations in addition to children, young people and adult residents via surveys, focus groups and individual discussions. 419 children and young people completed the online 'Play – Have Your Say' survey, which was created to enable them to have their say on whether they have the time and the space they need for playing and undertaking other activities when they are not in school. They had the opportunity to say what it is like for them playing, hanging out and going to clubs outside of school time, to say what was good and not so good about playing in the Vale, and also whether covid impacted on them being able to play.

Adults are often asked to speak on behalf of their children and sometimes feel they know what the children want. However, this is not always the case, with children often answering differently when asked. A 'Play – Have Your Say' survey was also undertaken with adults, with many of the same questions asked as in the children and young people survey. 336 adults completed the online survey. Where the same questions were asked, the results were compared to see if there were any significant differences in responses between adults and children and young people – it is interesting to note that there were some differences in opinion, with children and young people often being more positive about the opportunities available than the adults.



The 'Play – Have Your Say' survey results highlight the importance children and young people place on having the time, space and permission to play and undertake leisure. For children and young people, the enjoyment, time away to relax and socialise with friends are key benefits for them. Whilst there is a general desire to increase play opportunities to provide fun activities for children and young people, it is the additional impact and 'added value' that play has which is helping to raise the profile and value of play amongst adults outside of the play profession in the Vale. Other professionals are increasingly seeing play as a positive contributor to health and wellbeing, building resilience, developing skills, supporting families and communities to connect and providing a way of relieving or having time away from anxiety and stress. Whilst it is important that the value of play for play's sake is not lost, it is the benefits that participating in play brings to a child, family and community that is helping to increase interest and investment of time and resources for play in the Vale.

The completion of this Play Sufficiency Assessment highlighted that the Vale of Glamorgan are providing sufficient play opportunities given the limited resources available and the impact the pandemic has had on delivery and development of opportunities. Although, as was also identified in the 2019 PSA, there is a demand and desire to develop more opportunities and continue to raise awareness of the benefits of play. As part of the duty, an annual Play Action Plan has been produced with annual updates provided to Welsh Government on progress. The full Play Sufficiency Assessment is available on request. See Appendix A for further findings from the Play Sufficiency Assessment.

PLAY - HAVE YOUR SAY!
CHWARAE - DWEUD EICH DWEUD!

VALE OF GLAMORGAN
BRO MORGANNWG

WE WANT TO HEAR FROM CHILDREN AND YOUNG PEOPLE THAT LIVE IN THE VALE OF GLAMORGAN ABOUT WHETHER THEY HAVE THE TIME AND SPACE THEY NEED FOR PLAYING

RYDYM AM GLYWED GAN BLANT A PHOBL IFANC SY'N BYW YM MRO MORGANNWG A OES GANDDYNT YR AMSER A'R LLE SYDD EU HANGEN ARNYNT I CHWARAE

YOU CAN HELP BY SAYING WHAT IT'S LIKE FOR CHILDREN AND YOUNG PEOPLE PLAYING, HANGING OUT AND GOING TO CLUBS IN THE VALE

GALLWCH CHI HELPU TRWY DDWEUD SUT BROFIAD YW HI I BLANT A PHOBL IFANC YN CHWARAE, YN HONGIAN ALLAN AC YN MYND I GLYBIAU YN Y FRO

COMPLETE OUR ONLINE PLAY SURVEY **CWBLHEWCH EIN HAROLWG CHWARAE AR-LEIN**

For the link to the survey go to: I gael y ddolen i'r arolwg ewch i:

<https://www.valeofglamorgan.gov.uk/sportsandplay>

or scan the QR code neu sganwch y cod QR

Deadline for responses 28/2/22
Dyddiad cau ar gyfer ymatebion 28/2/22

Parents/carers - you may need to help your children fill in the form but we really want to know what they think. You will have a chance to complete your own survey with your thoughts at a later date.

Rhieni/gofalwyr - efallai y bydd angen i chi helpu'ch plant i lenwi'r ffurflen ond rydyn ni wir eisiau gwybod beth yw eu barn. Byddwch yn cael cyfle i gwblhau eich arolwg eich hun gyda'ch barn yn ddiweddarach.

4. PROVIDING FOR DIVERSE NEEDS

- Collaborative working to support children with additional needs to access play
- Supporting children to play through the medium of Welsh

The Families First Holiday Club

The Families First Holiday Club has continued to be successfully delivered during school holidays, providing a valuable service for both the children/young people, their families and referring partners. The club was developed to meet the play needs of disabled children aged 4 – 11 years and their families during school holidays - providing a fun, happy and caring environment where children with a disability and additional needs have access to a well-resourced play space, that can meet the individual needs of those attending. Play sessions were delivered during each school holiday, with the exception of Christmas. An average of 40 children per day accessed the sessions. The benefits of the Families First Holiday Club include:

- Children with additional needs are able to access quality play opportunities, playing with other children during the school holidays, supporting their enjoyment and social interaction
- provides a supportive setting where staff have the knowledge and skills to cater for additional needs
- families are able to spend time with other siblings during the school holidays.
- provides respite for parents and carers
- children are able to maintain a routine during the holidays. This is particularly important for children with ASD.
- vulnerable Children and families are supported during the school holidays - particularly important during the long summer holidays



The provision was funded primarily through Families First funding, with additional funding secured via Welsh Government Summer of Fun and Playworks funding to support the Play Team to cater for the increasing demand for places during the summer holidays. The tables below highlight the increased number of children supported this year and the level of support required by the children attending

	2021/2022	2022/2023
Number of families wishing to access FFHC provision		203
Number of registrations across the year	390	427
Numbers attending across the sessions	155	174
Number of new referrals	26	94

Level of Support Required	Number of children
Personal care	111
1:1 or 2:1 support	95
Buddy support	31
No specific additional support	29

- The Play Team worked with a number of partners on this project including the Child Health and Disability Team, the Specialist Health Visitor, the Early Help Team, Foster & Adoption Team and the Children's Services Team, who all referred children into the scheme from families who require support during the school holidays. The Team also worked in partnership with The Vale Index and Vale Family Information Service who supported with promotion of the scheme, and Palmerston Community Learning Centre and Ysgol Y Deri where the schemes were located.
- A training programme was delivered to the staff team including play training, Makaton training, food hygiene, manual handling, Paediatric first aid and outdoor training. 40 staff members received training during the training week.
- Investment was secured from external funding to implement improvements to areas of Palmerston Community Learning Centre. The Vale Play Team are in the process of registering this additional venue with CIW to enable children with disabilities and additional needs to be supported for full days within an inclusive open access play environment.
- Families of children with additional needs were supported to attend National Playday, which was held in Romilly park. Additional staffing was provided to support families to access the event, and a changing tent and accessible toilet was provided to support personal care needs. This additional support proved successful, with parents commenting that the additional resources had enabled them to attend the event as a family. This was also highlighted as an area of good practice by the Inspector during the CIW Inspection process.
- It is recognised that play provides a positive contribution and release for children experiencing adverse childhood experiences (ACES). Ongoing partnerships with internal Council departments has seen children experiencing ACES being supported through the Families First Holiday Club.

- The FFHC had a successful CIW inspection to retain their CIW registration, with positive comments made around the ethos of the scheme, the quality of provision and the staff. The report highlighted the four areas assessed of Wellbeing, Care & Development, Environment and Leadership & Management all awarded in the two highest ratings of excellent and good. Feedback from the inspection included:

CIW REPORT SUMMARY 2022

Children are very happy and enjoy attending the setting. They feel very safe and secure in the care of staff. Children have excellent opportunities for play and leisure, and this has a significant, positive impact on their well-being. Staff are very professional, well qualified and passionate about their roles. They implement the setting's policies and procedures very effectively.

Staff are exceptionally patient, kind and caring. They support children excellently to engage fully with the activities available. The environment is secure, clean, and welcoming. An extensive range of toys and equipment both indoors and outdoors promote children's play very well. Staff follow procedures to ensure the environment is safe, abiding by risk assessments as well as assessing risk dynamically, moment to moment, to take into account children's interests and needs. Managers are highly motivated and implement policies and procedures that reflect the care provided. They use self-evaluation effectively to identify and make improvements. Parents are kept well informed and up to date about their child's experiences, and the relationships developed with families are vital to the quality of support provided by the setting

Children and parents benefit from a service which is unwaveringly committed to improving outcomes for children. There is a suitable quality of care report detailing what the setting does well and an action plan of what they want to improve. Managers undertake this review annually as required, and take into account the views of children, parents, staff and outside agencies such as local authority advisory staff. Managers work hard to ensure that they deliver high quality care and they spoke passionately about the positive impact the service they provide has for both the children and their families, which was clearly evident. Managers are very effective in overseeing staff, managing their time and prioritising activities responsively to ensure that children's needs are met in a timely manner. We observed staff to be well organised and we saw that this allowed them to remain calm whilst delivering care. This calm and relaxed care environment has an extremely positive impact on the children's mood and their interactions. Staff confirmed they enjoy working at the setting. They feel supported, knowing they can approach managers for help or support if needed. Adequate recruitment procedures ensure that suitable staff are employed to work with children.



Considerations:

- As demand is higher than availability of space, a criteria has been developed to support decision making in relation to who can access the sessions. The system allows parents to declare an interest in accepting a place for their child to attend the FFHC before each half term. With so many applications and limited places it is important that the system is transparent. The level of support required by a child / family can change throughout the year depending on family circumstances and possibly the time of year, so ongoing dialogue with the families and professionals is required.
- Funds had been increased in 2022/23 to help with demand, however the increasing costs experienced over the year has meant that this increase in funding has not stretched as far as hoped. This challenge will continue and increase moving into the new financial year.
- In addition to the actual organisation and delivery of the play provision, a considerable amount of Co-ordinator time is taken up with processing referrals, contacting parents to discuss individual child's need to ascertain if the provision is suitable and completing relevant paperwork such as Helpful books, One page profiles & Parent and carer contracts. Administrative support was provided for a period of time by the Families First central team to support and assist with coordinating referrals onto the FFHC. There continues to be a high level of administration needs linked to this project (there is no dedicated admin within the Healthy Living Team to support this). To try to assist with managing the high number of referrals and the administrative work this brings, a new referral process was piloted. Whilst this did assist in some aspects, it brought further challenges in other areas so there are further amendments that need to be made moving forward.

- The full day sessions are charged at £10.00 a session, which is an attractive cost for full day provision, especially for working parents, some of whom see this as childcare as opposed to play provision. If a family is experiencing financial hardship, there are instances where this fee can be waived, although it is difficult to confirm financial hardship without asking for proof (which is not done). The cost of living crisis has impacted on some families being able to pay the fee. The money obtained from the £10 charge is reinvested back into the scheme to cover some of the running costs.
- Whilst the Families First Playscheme is providing a positive service to support disabled children to access play provision, the scheme is not able to cater for all needs. There is increasing demand for such provision, however there are reduced spaces available as staffing and other costs associated with delivery of the service continue to rise. This has caused difficulties in meeting demand. Shortages in staffing also impacting, as well as the level of support required for some children who are being referred into the service – due to the lack of other provision available, children with more complex needs are being referred into the service, the service is not necessarily suitable or appropriate for their needs. The way the scheme is resourced means the staff are employed on a casual basis, only working on limited days during school holidays, this means retention of staff is difficult. Whilst training is provided to the staff members, it is difficult to provide the level of training that would be made available to e.g. school based staff who would be employed on a long term basis, who are working with the same children on a regular basis during the school term time. Therefore, the play staff do not have the level of knowledge to be able to cater for all additional needs, particularly children who require the highest level of support.

Due to the lack of alternative respite opportunities, the service is often seen as a respite referral source for all children, rather than a play opportunity which also supports respite. This is leading to increased referrals, some of which are not appropriate for the service. This places pressure on the scheme and the staff. A review of the FFHC has taken place with the need to rationalise the number of spaces available and the level of support that can be provided. Discussions have taken place around the need for other services outside of play remit to provide a service appropriate for children with high support needs. However further discussions between Officers outside of play need to take place to progress this, as the play service and Vale People First (who deliver Teenscheme) cannot meet all of these needs. It is essential that referring partners and families understand the level of service that can be delivered within FFHC and Teenscheme – inappropriate referrals are placing strain on both services.

- As some children are based in specialist units within mainstreams schools, parents of these children often think their child needs to be referred to the specialist play provision provided at FFHC. However, this is not the case, children who attend specialist hubs in school do not always require specialist support in a play setting. Therefore, there has been some work undertaken to discuss this with the relevant families and allay fears they may have. The staff delivering the mainstream provision are suitably experienced to cater for inclusive provision and additional needs.
- We were unable to provide nursing support due to a shortage of nurses. The cost of providing a nurse moving forward will also be challenge.
- Staffing is an issue across Wales with many childcare and play settings struggling to identify and retain staff. Many qualified staff have left the sector due to covid and the low pay rates. A lack of qualified staff impacts on CIW registration and on the ability to deliver the level of service desired. Therefore, there has been a constant need to recruit and train, which takes up valuable financial resources and time. The casual nature of these posts contributes to these difficulties.
- There is a higher number of younger children being referred to the FFHC, which can have staffing implications.



Keycreate Inclusive Family Sessions

The Play team has been supporting community organisation Keycreate to successfully provide weekend inclusive family-based play activities for children of all ages, covering all disabilities, mental health and anxiety issues, additional and medical needs - supporting participants to enjoy wheelchair accessible sand and water play, sensory activities, mud kitchens and play equipment. This is helping to fill a gap in provision as there is limited opportunities for supported play for disabled children and family-based play for families with disabled children.

Playworks funding secured by the Vale Play Team has supported the provision of a Playworker at these weekend sessions. Summer of Fun funding also supported delivery of 3 additional sessions. Keycreate were previously supported with Welsh Government Play Capital funding to purchase a changing bed and mobile hoist, thus supporting access to changing facilities - this is often a barrier preventing families with disabled children from taking part in community activities.

The attendance of the Vale Play Team at these sessions has provided a good opportunity to engage with the families and develop a link to support transition into the Families First Holiday Club. The sessions also provide a relaxed environment for families to support each other.

Summer of Fun Inclusive & Targeted Provision

The Summer of Fun programme provided a range of free play, sports, arts and cultural activities during the summer school holidays. Inclusion was one of the objectives of the programme with targeted projects also supported for disabled children and young people if they would benefit from separate provision.

Organisations reported 433 children with disabilities or illness, and 477 with additional needs attended activities. It is likely the true figure is higher as some activities were not registered and some organisations did not record this data. 26% of respondents to the online survey indicated the child or young person had a disability or additional need. 95% reported that their needs were met during the sessions.

The Summer of Fun funding enabled the Families First Holiday Club to expand capacity, leading to increased number of children accessing the provision. Similar support was also provided to Teenscheme, which supports play and leisure opportunities for disabled young people aged 12+. This scheme was delivered by Vale People First, who were able to expand the opportunities available to the participants through day trips – many of the families of the young people who attend Teenscheme are unable to provide this opportunity, as additional support is often required. Feedback from both delivery organisations highlighted the benefit this additional funding brought to the scheme and the participants. Please see section 5 for further information around the Summer of Fun programme.

Supporting Welsh Language Provision

- Partnership continued between Vale Play Team and Clwb Carco, who were supported with funding via the Summer of Fun programme to delivery Welsh language play opportunities - 397 participations across 8 sessions. They continue to deliver Welsh language play through playcare provision.
- Partnership meetings took place between Menter Iaith Bro Morgannwg and Vale Play Team. Menter Iaith Bro Morgannwg :
 - have been offered free accredited play training by Vale Play Team – offer not currently taken up, however there are discussions around their desire for more informal play training.
 - representative attended the Vale’s Quarterly Play Catch Up sessions.
 - supported by funding from Equalities Department to deliver Bwrlwm open access play sessions during school holidays.
 - supported with Summer of Fun funding to deliver circus workshops, Babis Bach sessions, Anturwyr Bach sessions, Family Party, radio workshops – 31 spaces taken up over 4 sessions.
- Summer of Fun funding provided to URDD to deliver Creu Cynradd sessions, graffiti art workshops, fun days, fitness sessions, skateboarding and family activity sessions. Whilst sessions delivered were successful, uptake was lower than expected, with some activities cancelled – 105 participations across 6 sessions.
- Play training opportunities were promoted to Menter Bro Morgannwg and Clwb Carco.
- The Vale Play Team and Family Information Service ensure information about Bwrlwm and other play activities delivered through the medium of Welsh are shared. FIS included information in the Easter and Summer Holiday Activities Programme and information is also available on the Dewis Cymru website, which feeds through to the new Childcare Information Wales website.



5. PLAYFUL COMMUNITIES

- *Supporting access to low cost / no cost community based play opportunities where children feel safe and welcome to play*
- *Using the diverse natural and built environment to support more children and families to play*

The Vale Play Team have worked with a range of partners to support children, young people and families to experience improved play opportunities in their communities. They have also continued to develop and deliver their community play package, which supports the diverse needs of children and families, with a focus on supporting families to access low cost/no cost play. This includes:

- Community play sessions
- Specialist provision for children with disabilities and additional needs
- Family events and activities

Different promotional mechanisms have been used, as well more targeted promotion through links to specific organisations who support families in need.



Developing social and physical skills, whilst building relationships with others and developing friendship through play.

Community Open Access Play

- 116 community open access play sessions held across the year, with 2111 registrations and 2677 participations.
- Community play sessions took place in locations across the Vale, utilising parks, open spaces, community venues and schools. Areas where families were experiencing less resources and those affected by rurality were targeted.
- Play Ranger sessions were delivered as a partnership between the Vale Sports & Play Team supporting access to free, informal activities and extending reach to those not part of clubs. In addition to the range of play activities available, sports staff were routinely scheduled to deliver at the provision during the school holidays - providing an opportunity to participate in informal sport and physical activity and provide a platform to increase awareness to attendees of what sports are in local area and provide opportunities to be active in a no cost environment.
- Summer of Fun funding was used for 80 of the community play sessions, with Playworks funding resourcing other holiday provisions, and weekend activities. See below for further information around the Summer of Fun.

- The Welsh Government Holiday Hunger programme was integrated within some of these projects to provide healthy snacks and hydration to children and young people, particularly in areas where families are affected by lower resources. This helped work towards the aim of making sure no child goes hungry during the school holidays.



- Funding secured from Welsh Government to purchase collapsible shipping containers to use as Play Cubes. 7 Play Cubes have been sited in parks and open spaces in Stratford Green (Barry), Caerleon Road (Dinas Powys), Salisbury Road-The Dump (Barry), Celtic Way (Rhoose), Plassey Square (Penarth) and Meggett Road, Colcot. They are filled with play equipment and resources to facilitate play sessions within local communities. Partnerships with United Welsh housing and Vale Homes have meant that cubes have been placed in areas of social housing to enable children and families to access high quality play opportunities on their doorstep.

- National Play Day 2022 was held in Romilly Park, in line with this years' theme of 'All to play for – building play opportunities for all children'. The Vale Play Team partnered with Vale Sports Development, Vale Youth Service, Flying Start Team, Family Information Service, Vale Parenting Service, Vale Libraries and Adult Learning Team to deliver a day packed with inclusive, fun activities for over 500 families. Additional staffing was provided to support families of children with additional to access the event. Resources such as accessible toilet and changing tent provided to support inclusion.
- Successful free Halloween and Christmas Events provided play opportunities to over 100 families at Palmerston Adult Learning Centre. The themed workshops provided activities that families could undertake together, supporting intergenerational play and involving some low cost activities that could be replicated by the families at home. Santa's Elves guided families through a range of indoor and outdoor activities including creating decorations, a letter to Santa, festive photo booth, making reindeer food and toasting marshmallows. Comments received from the families around the Christmas event indicated that many of the families would not have usually been able to afford to have attended such a Christmas event, as there is usually a charge - so children in families affected by cost of living often miss out on these types of activities. They were very grateful for the opportunity to have such an experience.



“Honestly amazing. So many activities, staff were lovely and gave a Christmas Day out we couldn't afford this year so thank you!”

Link to a video created by a child who attended the Christmas event – who indicated that she had a magical experience which she will remember for a long time

<https://www.facebook.com/valeplayteam/videos/854939728985056>



Jess Davies

Thankyou all so much! My children had such a lovely time at the Christmas event and over the year with all the different stuff you have done!

Love Reply Hide 37 w Edited



Antonella Cullen

This event was brilliant. Kids loved it x

Love Reply Hide 37 w



Samantha Scott

Appreciation post to all the elves and staff involved. Was way beyond anything expected, a fantastic event!

Love Reply Hide 37 w



Benefits of community based open access play include:

- Ability to deliver in areas of need, supporting families with less resources and those affected by rurality.
- Localised opportunities delivered directly in children's communities supported them to play in an area where they feel safe, to play with their peers – taking away the barrier of travel & enabling children to participate without need for their adults to be present.
- Localised venues meant children with additional needs could attend, with parents reassured they are close by if their child needs them.
- Low cost /no cost activities were delivered, providing ideas to families to continue in their own time, which is very relevant given the cost of living crisis. Most play sessions utilise some form of recycled materials, repurposed to support play activities, such as junk modelling. The community play sessions provide an opportunity to educate the residents around how recycled materials can be used within play.
- Aimed to encourage outdoor play and the benefits that being outdoors brings - whilst this was successful, the poor weather impacted on participation at quite a few sessions.
- Encouraged residents to use their community spaces in their leisure time.
- Supported children to be visible playing in their community. At times some adults can see children playing outside as a nuisance - by having supported play, albeit very child led, it is helping to raise awareness within the community that children are entitled to play outdoors without fear of being told off.



The Summer of Fun

The Healthy Living Team co-ordinated the Summer of Fun programme, working with 130 partners to provide free activities over the summer holidays to support the social, emotional, physical and mental wellbeing of children and young people, as well as support families impacted by the cost-of-living crisis. The Play Team led on the play element of the programme delivering opportunities within Play Rangers and Family First Holiday Club sessions.



To provide children and young people aged 0 - 25 the opportunity to access free sports, play and cultural activities through targeted and universal provision - supporting their social, emotional, physical & mental wellbeing following the impact of the pandemic, and the cost of living crisis.

147 More than 147 different activities available	946 sessions delivered	130 partners involved
23 different areas of the Vale	19,571 attendances	99% enjoyed the activities
433 More than 433 attendances by children with disabilities or illnesses	Co-ordinated by the Vale Healthy Living Team Website managed by the Vale Family Information Service	477 More than 477 attendances by children with additional needs



<ul style="list-style-type: none"> Vale Play Development Team Vale Sports Development Team Vale Tourism & Events Team Vale Family Information Service Happy Hands Club with Emma Vale Communications Team Memo Arts Centre Vale Youth Service Early Help Team Legacy Leisure 	<p>Project Leads</p>  <ul style="list-style-type: none"> Bro Radio Vale Countryside Team Motion Control Dance Keycreate The Crafty Club 	<ul style="list-style-type: none"> Vale Arts Development Team URDD Gobaith Cymru Inspired Learners Menter Bro Morgannwg Vale People First (disabled YP) Vale Youth Wellbeing Team Gwyrddio Penarth Greening Wick Youth Club Flying Start Community Safety Team
--	--	--

- There were 19,571 participations in activities, which were delivered in 23 different towns and villages in the Vale. Activities were a mixture of age specific activities and those which catered for all age ranges, including family based opportunities. The Summer of Fun website was managed by the Family Information Service and received over 28,000 views.
- Organisations reported 433 children with disabilities or illness, and 477 with additional needs attended activities. It is likely the true figure is higher as some activities were not registered and some organisations did not record this data. 26% of respondents to the online survey indicated the child or young person had a disability or additional need. 95% reported that their needs were met during the sessions.
- Whilst the Summer of Fun programme was open to all age-appropriate residents in the Vale, it was hoped the programme would support targeted individuals / groups to access activity. Respondents to the survey were asked to indicate if the child in their care fell into any of the following categories, with the % response rate indicated below.



“ Absolutely brilliant for my mental health, we were out almost every day and my son had the best time and has had more experiences in his 2-years of life than I did at his age. His confidence has grown massively over the summer and I think its as a result of all of these wonderful things that he did via the Summer of Fun programme. I also had useful chats about the childcare offer and we met some lovely families during the events and we still meet up with some of them today. Thank you so much for making the summer a fun time for all of us and we can't wait to see the Winter of Wellness lineup :) ”

” Involving all together to make new friends locally ”

“ ” Sam was great because my child is usually really nervous but he engaged her from the very start and now she's smiling and loving it. She usually struggles with joining in with new things but he's made her feel really at ease. ” ”

” It was so fantastic. So many wonderful opportunities. Thank you so much for valuing our young people ”

” Fun, engaging, great for social skills, the children loved the bubbles and music. Enjoyed the chance to chat and have a cuppa after class. ”

“ ” My son would like to say Thank You and please can you do even more next summer! He is autistic and doesn't get invited to much outside of school at all so we would have struggled for things to do without Summer of Fun which gave us free activities for the whole summer! ” ”

” The staff were always fantastic and for my 12 year old son who has been extremely inactive since covid, he had fun, made a friend and got fitter ” ”

“ ” Grateful to have something free yet fun for teenagers to participate in - not all teenagers enjoy just hanging around doing nothing ” ”

“ ” “Really appreciate the vouchers, it gave us an opportunity to spend time together to do something fun during stressful times and to take our minds off these things and not worry about financial costs for the trip”. ” ”


“ ” It would not have been possible for me to pay for all the activities and gave my children something to look forward to, it was a great opportunity. My 9 year old was so excited knowing that she was able to take part rather than being in the house. Thank you. ” ”


” Really appreciated the fact there were Welsh language opportunities ” ”

- The Vale Play Team delivered 71 play sessions and 2 Family Fun Days as part of the Summer of Fun programme accruing 1,813 participations from 1,339 registered children. Sessions took place in areas including Llantwit Major, St Brides Major, Cowbridge, Penllyn, Llangan, Peterston-Super-Ely, Ystradowen, Rhoose, St Athan, Corntown, Ogmere, Sully, Llandough, Llandow, Llancarfan, Heritage Coast, Dunraven, Llanblethian, Dyffryn, Wick, Colwinston
- Targeting those most affected by cost of living – the Healthy Living Team attended 7 foodbank sessions to promote activities and provide an accessible platform for families to access booking system without requirement to use own data.




VALE PLAY TEAM SUMMER OF FUN 2022






FEEDBACK ON OUR SUMMER OF FUN



Our Summer of Fun 2022 was made possible by funding from the Welsh Government. The funding was accessed by a range of partners across the Vale, with the aim to increase free opportunities for children and young people, to help support their social, emotional, physical and mental wellbeing.


1339

children registered for community play



160

hours of community play




1813

total community participations




16

different venues



71

community play sessions held




2

Family Fun Days



140

children with a disability or additional need attended play activities



PARTNERS

Vale Sports Team, Recreate Scrapstore, Dinas Powys Community Library, St Brides Sports Pavilion, Ystradowen Community Hall, Vale Family Information Service, Vale Flying Start, Vale Youth Service, Vale Libraries, Vale Community Adult Learning, KeyCreate, Pedal Emporium, Vale Parenting Service, Vale Council Comms Team, PaCE, Vale Learn Welsh

“ Can I say a massive thanks to all involved. It is such a good facility that you ran, my kids loved the equipment and being in the Vale's brilliant parks. The staff are engaging and friendly. No negatives to report - thanks again. ”

“ My 3 daughters absolutely loved all the vale play activities, the staff were amazing. We even doubled up some days as my daughters loved it so much. These definitely help during school holiday to help us break the time up. Many thanks yet again to all the staff and helpers for their amazing patience and time. All the very best. ”

“ Lovely friendly organisers, good choice of different activities, kids really enjoyed, thank you! ”

“ It was brilliant, well-organised, lots of different activities for all ages and fantastic that it was free - supporting local communities. Thank you! ”

The benefits of the Summer of Fun included:

- Reaching a large number of children and young people who had lots of FUN and became more active!
- The free activities took away the barrier of cost, supporting people to try new activities.
- Supported positive wellbeing during a difficult period.
- As local opportunities were delivered, participants had the opportunity to engage within their communities, taking away the barrier of travel that some people experience.
- Encouraged and supported residents to make use of the natural environment and spend time outdoors.
- Free healthy snacks and refreshments during some activities
- Inclusive opportunities supporting children with additional needs to access activities.
- Provided fun opportunities for families to participate together.
- Participants discovered new activities they really liked and want to continue to take part in the future.
- Feedback highlighted positive impact on developing communication skills, play skills, creativity, confidence, Welsh language skills and social skills.
- Provided an opportunity for parents/carers to meet others and chat about similar shared experiences.
- Supported families in need, giving children and young people time away from difficult circumstances.

Click the following for the full Summer of Fun report and the Summer of Fun video.
<https://www.youtube.com/watch?v=ID0pmdqidJM&feature=youtu.be>



Thanks for everything
you do so much
you truly brighten
up our day we
all come out at 9:00
when you come
you put a smile
on our faces



Play Friendly Schools Scheme

The Play Friendly Schools scheme aims to support schools with a passion for play and a commitment to increase play opportunities for children and young people within their school, as well as the wider community. The project will enable the Play Team to share their knowledge and experience within the playwork sector with schools, and help them to expand access to play by supporting with areas such as:

- including play in school policy
- increasing play training for school staff
- improving community access for play in school grounds - opening up access to school grounds to enable open access play sessions during school holidays
- introducing Play Champions
- offering Play workshops for Parents/Carers

Progress includes:

- finalisation of project details and creation of marketing tools
- liaison with schools to identify those interested in being involved in the scheme and the individual school needs in readiness for a roll out in the new school year – 21 schools have expressed an interest in the scheme
- one off funding secured through the Cardiff & Vale Early Years and Prevention Funding to purchase resources to support the initiative
- planning undertaken to deliver Level 2 Award in Playwork Practice to identified school contacts in the new academic year
- The Play Team is working collaboratively with Play Wales and the Outreach and Inclusion Team to develop links with local secondary schools. Funding has been identified to purchase and site a Play Cube in Pencoedtre High School in Barry, to be filled with resources and loose parts from Recreate Scrapstore to enhance the play opportunities available to secondary school pupils. Young people from the school have already received playwork training so it is hoped they will be involved in supporting this project when progressed.



PLAY FRIENDLY SCHOOLS

- Include Play in School Policy
- Increase Play Training for School Staff
- Improve Community Access for Play in School Grounds
- Introduce Play Champions
- Offer Play Workshops for Parents/Carers



@valeplayteam



IMPROVE COMMUNITY ACCESS FOR PLAY IN YOUR SCHOOL GROUNDS

Throughout Wales many school grounds offer a significant resource for children's play. School grounds often represent the only area of open space where children can play within their local community.

Likewise, some schools offer the only flat surface locally where children learn to ride bikes and play with their scooters and skateboards. By becoming a Play Friendly School, you will commit to opening your school grounds, outside of school hours, for the purpose of community play



INTRODUCE PLAY CHAMPIONS IN YOUR SCHOOL



Play Champions will advocate for play across your school, they will be the lead contact for all things play! Play Champions can be any adults and children within your school with a passion for play.

PLAY WORKSHOPS FOR PARENTS/CARERS

Parents and carers are important supporters of play for children - no matter how old they are. Facilitating play workshops can help parents and carers give children time, space and support to play at home and in their local community.



PLAY FRIENDLY PARENTS



@valeplayteam

BECOMING A PLAY FRIENDLY SCHOOL

INCLUDE PLAY IN SCHOOL POLICY



Play Wales recommends that schools that wish to provide a rich play environment for children adopt a play policy. A school play policy states the value that the school places on children's play and commits itself to supporting children's play opportunities.

Play Wales have produced a sample school play policy that may be used in its entirety or adapted to suit the needs of the school.

INCREASE PLAY TRAINING FOR STAFF

Raising awareness of the importance of play within your school, Vale Play Team work alongside Adult Learning Wales to deliver accredited Playwork training, we can offer the following training opportunities to your staff team, including teachers, learning support assistants, caretakers, lunchtime supervisors, volunteers:

- Introduction to Playwork (Level One)
- Level Two Award in Playwork Practice (L2APP)
- Award in Transition to Playwork (Level 3)
- Managing a Holiday Play Scheme (MAHPS Level 3)
- Playwork; Principles into Practice (PS - Level 3 Playwork Diploma)



@valeplayteam

Play Streets Project

The Play Streets project aims to allow children to play freely in the area where they live, without having to worry about busy roads and disapproving adults. They also help take the fear away from parents allowing their children to play outside. Play streets are neighbour-led short road closures, creating a safe space for children to play freely together on their doorstep, whilst supporting communities to engage and socialise with each other. The key features of the model are:

- Resident-led and organised
- Short road closures – typically on a monthly basis
- Free, child-led play
- All neighbours consulted and included
- Road legally and safely closed to through traffic
- Stewarded by residents
- Car access at walking pace
- Simple, 'normal' – not a street party!

Following enquiries from Vale residents around street closures to support safe play, the council's Highways and Play Team have been working with Play Wales to implement a Play Streets pilot in the Vale. Play Wales have previously supported Cardiff Council to implement this process, so both Play Wales and Cardiff Council have shared their knowledge and learning to support the pilot in the Vale.

As part of the development process, individual trial events in Rectory Lane and Dryden Road in Penarth have taken place. Learning has been taken from these to help inform the development of a Play Street pilot including the processes and paperwork that sit within these. There were many considerations needed when drafting up the Play Street processes including the understanding that it is not appropriate for all streets to be closed, hence the importance of Highways being involved in the Steering Group from the outset. The pilot will launch in April 2023 in two pilot areas: Romilly Road and Dunraven Street in Barry, led by residents with support from the Vale Play Team and Play Wales.



6. A SKILLED & KNOWLEDGEABLE PLAY WORKFORCE

- *Grow the play workforce across the Vale, to meet the play needs of children, families and communities, and to support the resilience and wellbeing of future generations.*
- *Individuals have the skills, knowledge and confidence to organise and deliver engaging, inclusive, fun play opportunities*
- A recruitment drive for casual playworkers was undertaken to increase capacity within the Play Team to support delivery of community opportunities and increase the number of qualified staff members to support Care Inspectorate Wales registration for Families First Holiday Club.
- Recruitment roadshows took place in Whitmore High and Pencoedtre High to showcase playwork opportunities available, targeting school leavers and sixth formers. Following this the young people attended the Introduction to Playwork training delivered as part of the Play Ambassador project run in conjunction with Play Wales. This has seen an increase in young people joining the team as Casual Playworkers, who now form part of the core casual staff team. They are available to support after school open access play sessions during term-time and school holidays. Identification of young playworkers who wish to remain within the playwork environment is taking place with the aim of mentoring and training them to support a longer term playwork infrastructure – the challenge around this links to the uncertainty of future funding sources to be able to encourage young people to commit to playwork as a career.
- Welsh Government Playworks funding was secured by the Vale Play Team to organise 7 training courses/workshops. 115 participants from 12 organisations attended the following workshops. Participants included representatives from the Vale Play Team, Menter Bro Morgannwg (Welsh language), community organisations delivering outdoor play and Vale People First (Teenscheme provision for disabled young people aged 12+). All have enhanced their play knowledge and health and safety awareness.
 - Introduction to Playwork
 - Safeguarding Children and Young People
 - Safeguarding for Disabled children
 - Outdoor Food Hygiene
 - Outdoor First Aid
 - Safeguarding for Disabled Children
 - Fire training
 - Outdoor Play Activities

- Additional training opportunities were organised by the Council's Childcare Workforce Development Officer including Safeguarding, Paediatric First Aid and Additional Learning Needs, which benefitted the play programme.
- Level 2 Award in Playwork Practice has commenced, delivered as part of an initial pilot to 18 community individuals. The Vale Play Team have a partnership agreement in place with Palmerston Centre for Lifelong Learning and Play Wales to deliver the training via the Accredited Centre for direct delivery through Agored Cymru.
- The Vale Play Team organised quarterly play Catch Ups open to anyone involved in playwork (for people from the Vale and outside of the Vale). The sessions provide the participants with the opportunity to share ideas, develop new skills, discuss areas for development and support each other. Also used as a forum to identify training needs.

Consideration:

- A significant amount of time and financial resource is invested in recruiting and training staff by the Vale Play Team - however the casual nature of the posts, and the reliance on securing external funding (and the uncertainty regarding this), means there are difficulties with retaining staff who move elsewhere for more consistent hours and secure job opportunities. This does impact on the ability to meet CIW requirements for staffing, with ongoing actions having to be implemented to ensure these requirements are met. This is an ongoing challenge faced by all delivery partners within and outside of the Vale. Continued consideration is given to this challenge, although immediate and longer-term solutions are difficult to identify unless dedicated long term funding is available to be able to plan longer term provision and make playwork a viable profession.



START YOUR PLAYWORK JOURNEY TODAY

ARE YOU PASSIONATE ABOUT PROVIDING OPPORTUNITIES FOR CHILDREN TO PLAY?

CONTACT VALE PLAY TEAM TO FIND OUT ABOUT TRAINING, VOLUNTEERING AND CAREERS IN PLAYWORK!

DECHREUWCH EICH TAITH GWAITH CHWARAE HEDDIW

YDYCH CHI'N ANGERDDOL AM DDARPARU CYFLEOEDD I BLANT CHWARAE?

CYSYLLTWCH Â THŪM CHWARAE'R FRO I GAEL GWYBOD AM HYFFORDDIANT, GWIRFODDOLI A GYRFAOEDD MEWN GWAITH CHWARAE!

@valeplayteam
playdevelopment@valeofglamorgan.gov.uk




VALE PLAY TEAM INVITE YOU TO JOIN US FOR PLAYWORK QUARTERLY CATCH UPS

SHARE IDEAS, DEVELOP NEW SKILLS AND SUPPORT EACH OTHER!

THURSDAY 8 DECEMBER, 10AM - 3PM
THURSDAY 30 MARCH, 10AM - 3PM
THURSDAY 15 JUNE, 10AM - 3PM
THURSDAY 14 SEPTEMBER, 10AM - 3PM

PORKERRY COUNTRY PARK LODGE, PARK ROAD, BARRY, VALE OF GLAMORGAN, CF62 3BY

RSVP:
playwork@valeofglamorgan.gov.uk
@valeplayteam

APPENDIX 1. THE PLAY SUFFICIENCY ASSESSMENT - WHAT DID WE FIND OUT?

The completion of this Play Sufficiency Assessment highlighted that the Vale of Glamorgan are providing sufficient play opportunities given the limited resources available and the impact the pandemic has had on delivery and development of opportunities. Although, as was also identified in the 2019 PSA, there is a demand and desire to develop more and continue to raise awareness of the benefits of play.

- The 'Play – Have Your Say' survey results highlight the importance children and young people place on having the time, space and permission to play and undertake leisure. Whilst there is a general desire to increase play opportunities to provide fun activities for children and young people, it is the additional impact and 'added value' that play has which is helping to raise the profile and value of play outside of the play profession in the Vale. Other professionals are increasingly seeing play as a positive contributor to health and wellbeing, building resilience, developing skills, supporting families and communities to connect and providing a way of relieving or having time away from anxiety and stress. Whilst it is important that the value of play for play's sake is not lost, it is the benefits that participating in play brings to a child, family and community that is helping to increase interest and investment of time and resources for play in the Vale.
- 81% of children and young people provided positive feedback about the opportunities to play or hang out in the Vale of Glamorgan. This is a drop of 8% since the previous survey was undertaken in 2018, where 89% provided positive feedback (pre-covid). It should be noted that the most recent survey took place whilst covid was still impacting. Whilst these statistics do highlight positive feedback generally, it is recognised that 73% felt that there was opportunity to make them even better.
- Whilst still a positive response, there was a much lower satisfaction level amongst adults, with 71% of adults providing positive responses. These differences immediately highlight the importance of consulting with children and young people who often have very different views to adults when asked about play. This pattern is apparent across a number of the questions asked in the 'Play Have Your Say' survey.
- There is a recognition by children, young people and adults of the positive impact the fantastic outdoor environment in the Vale has on play opportunities, including the availability of open spaces, woods, the coastline and the parks. When asked about positive contributors to what is good about playing in their area 70% of children aged 11 and under, 90% of young people aged 12+ and 89% of adults stated about the positive impact of the natural and built environment. They were appreciative of the amount of space available in their communities where they felt they could play. This was further highlighted when the pandemic restrictions meant that residents had to 'stay local', and fixed play areas were closed, with families exploring their local communities for different play and leisure opportunities. The pandemic has supported developing 'playful communities' whereby there is a wider appreciation of where and how children can play and what 'play' really means. It is noted however, that there were differences based on where respondents lived, and also between those who were more willing to walk to 'play' spaces.

- It is recognised that there are aspects of today's society that can limit children's time and space for play. Therefore, it is essential there is a partnership approach to help create play friendly environments and communities where children can freely play. It is important that Council departments and external organisations fully understand the impact their decisions have on the play opportunities available to children, young people and their families, and equally the positive contribution and impact that the inclusion of play within their plans can bring.
- Whilst The Play – Have Your Say survey has shown that many children and young people feel they have access to good play opportunities, this is very much dependent on where they live, whether they are allowed to play in the places they want to and what type of play they like. This supports the need for targeted work and further localised consultation to prioritise localised actions, where resources allow.
- A significant amount of time and financial resource is invested in recruiting and training staff by the Vale Council - however the casual nature of the posts, and the reliance on securing external funding (and the uncertainty regarding this), still means there are difficulties with retaining staff who move elsewhere for more consistent hours and secure job opportunities. This does impact on the ability to meet CIW requirements for staffing, with ongoing actions having to be implemented to ensure these requirements are met. This is an ongoing challenge faced by all delivery partners within and outside of the Vale. Continued consideration is given to this challenge, although immediate and longer-term solutions are difficult to identify unless dedicated long term funding is available to be able to plan longer term provision and make playwork a viable profession.
- Satisfaction of fixed play areas was dependent on where children and adults live. A number of children and adults highlighted positive improvements with play equipment in parks, which were in areas where S106 funding and other funding sources had been used to implement improvements. In contrast to this, there were many comments made about the poor state of parks in some areas including Sully and Rhoose. It is noted that adults expressed a higher dissatisfaction with fixed play areas than children, and there was a general consensus that these spaces were more targeted at younger children, with not enough equipment targeting the older age range.
- When looking at satisfaction levels in relation to opportunities to play and what makes it good to play in the Vale, it is interesting to note the difference in % in relation to 'friends live near/playing with friends'. This is an important factor for a number of children and young people, whereas significantly less adults highlighted this as important.

- As with the previous assessment, this assessment highlighted that there is a growing passion and understanding of the benefits of play. There is a growing recognition of the value of play by parents / carers, the Vale of Glamorgan Council and their partners, with an acknowledgement of the health and wellbeing impacts on children and young people, their families and their communities. This has particularly been recognised during, and came out of the pandemic. There has been progress in relation to advocacy for the benefits of play and an increasing recognition of the cross cutting positive impact of play. The value of play is acknowledged by the inclusion of play within key strategic documents including the Vale of Glamorgan Public Service Board's Wellbeing Plan and corporate plans.
- There is a recognition in the Vale that parents and carers are often an 'influencer' on how, when and what play opportunities children and young people can access so it is important that they are aware of the importance of allowing children the time, space and freedom to chose when, how and where they play.
- The breadth of the PSA and individuals' limited capacity to contribute towards the assessment process, has once again been highlighted by a number of internal and external partners. The Covid pandemic has been noted as causing a particularly negative impact, placing competing demands on time, with some partners having less time to focus on other areas of work. This is not reflective of the value they place on play, but a reality of having to prioritise their time during this difficult period.
- Partnership working continues to be essential to progressing the development of play opportunities, with internal departments and external organisations pooling financial, staffing and physical resources, in addition to insight and knowledge. This is proving successful, particularly when developing some services for targeted groups. It is acknowledged that a multi-agency approach is the only way in which play development services can be realistically delivered within the current climate, where resources within both the voluntary and statutory sector are limited and are not guaranteed.

It should be noted that the Play Have Your Say survey and other consultation was undertaken during the time when covid meant there were limitations on interaction, so the methods of consultation was limited and could affect the results. A 'Play – Have Your Say Summary Report' is available.

