

Meeting of:	Healthy Living and Social Care Scrutiny Committee
Date of Meeting:	Tuesday, 06 September 2022
Relevant Scrutiny Committee:	Healthy Living and Social Care
Report Title:	Sport & Play Update
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:	Dave 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 2021 – March 2022. • 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 dominated 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 2023.

Reasons for Recommendations

1. To note the current good work being undertaken by the Council's Sport and Play Development 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 dependant 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 receive 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.

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. Clearly the impact of the COVID-19 pandemic has continued to have a significant impact on the work of the Sports Development Team during 2020/21, and the service has adapted accordingly with a focus very much in terms of recovery.

- 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 during the pandemic and subsequent recovery period but has had to introduce a range of new procedures to enable this to occur.
- 2.3** Attached at appendix C are various infographics highlighting examples of various initiatives organised by the team.
- 2.4** Key headlines from the year include:
- The development of a breadth of projects to support individuals and families to be physically active and to experience quality play opportunities, positively impacting on their health and wellbeing.
 - 74,510 participations in sport & physical activity through opportunities created through the Active Young people Programme working in partnership with over 180 partners.
 - Positive partnership working internally and with external partners to support targeted individuals / families requiring additional support including children identified through Social Services, disabled people, those accessing wellbeing services, low-income families and adults aged 60+ who are inactive or the least active.
 - Organisation of the Summer of Fun programme for children and young people aged 0 – 25 years to provide free access to sports, play and cultural activities to support their social, emotional, physical and mental wellbeing following the impact of the pandemic. 648 sessions delivered in more than 92 different activities with 10,438 participations across 20 different geographical areas of the Vale.
 - 140 residents aged 60+ engaged in the Golden Pass project, using the principles of behaviour change to guide inactive people on a journey to becoming active on their own terms.
 - 80 sports clubs supported with £61,937.82 of funding for equipment and resources through Letter to Santa, Winter of Wellbeing and Prevention funding to assist with recovery from the impact of Covid and develop new opportunities. Additional funding secured by clubs via Sport Wales Be Active funding, with the Healthy Living Team assisting Sport Wales in promoting and assessing funding applications from Vale sports clubs and organisations.
 - 98 organisations involved in 87 sport and physical activity leadership & volunteer training opportunities involving 2206 training hours, and 2183 volunteer hours committed by young people through the Active Young people Programme.

- Joanne Jones and Julia Sky from the Vale Play Team recognised by Social Care Wales as Care Stars in their National Awards for their determination to ensure children were able to access some form of play during the challenges of lockdown and covid restrictions.
- The Vale Play Team worked with a range of partners to create and deliver a play package which supports the diverse needs of children and families. Including community play sessions, specialist provision for children with disabilities and additional needs, family events and activities, and development of community play projects.
- 155 children supported in Vale Families First Holiday Club – providing supported full day play provision for disabled children aged 4 – 11 years during school holidays.
- Initiated the Play Sufficiency Assessment process, which is a statutory duty placed upon all Local Authorities by the Welsh Government. This will provide a picture of play sufficiency in the Vale and includes consultation and community engagement.
- £218,062.35 secured from the Welsh Government Play Capital Funding programme to implement a series of projects in collaboration with internal and external partners.
- 40 play staff and community partners trained by Vale Play Team in Introduction to Playwork and Level 2 Award in Playwork Practice. Other playwork training and specialist training has been organised to ensure playworkers and community deliverers are equipped to cater for the diverse needs of the children attending projects.

2.5 A short presentation will be made at the meeting summarising some of the projects.

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 5x60 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. Climate Change and Nature Implications

4.1 The Sports & Play Development Team are aware of environmental issues and for all activities try to reduce waste. A good example of this is within the playscheme and the amount of recycled waste material that is put to alternative uses during sessions. The team also promote the use of reusable water bottles as opposed to single use plastics wherever possible.

5. Resources and Legal Considerations

Financial

- 5.1** 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.

- 5.2** At present there is also a reserve of approx. £30,000 specifically for play activities. This reserve will be spent when specific needs arise or capacity allows.

Employment

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

Legal (Including Equalities)

- 5.4** 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.

6. Background Papers

Appendix A – Sport & Physical Activity Annual Review

Appendix B – Vale Play Team Annual Review

Appendix C – Infographics & Case Studies



**VALE SPORT & PHYSICAL ACTIVITY PLAN
HEALTHY LIVING TEAM
ANNUAL REVIEW 2021 – MARCH 2022**



More Active Communities for a Healthier Future

***Supporting Physical & Mental Wellbeing
through Physical Activity & Sport***

OVERVIEW

The Vale of Glamorgan Council's Healthy Living Team lead on the delivery of the Vale Sport & Physical Activity plan in collaboration with a wide range of partners. Over 180 partners positively impacted on the plan this year.

Whilst there have been positive developments taking place across the past year, the effects of the Covid pandemic continued to impact on the delivery of actions identified in the plan. The ongoing restrictions impacted on sport and physical activity participation across all settings including sports clubs, community groups, leisure centres and schools, with most extra-curricular activity in schools affected. The sector had to consider how it could still positively support participation and impact on the overarching aims of the plan, whilst taking into account the constantly changing restrictions.

The sector has continued to show resilience and a determination to keep residents active, with the Local Authority and its local, regional and national partners adapting their way of working to ensure that where possible residents still had the opportunity to experience the physical and mental wellbeing benefits from participating in some activity within the limitations in place. This was particularly important during a very unsettling time for the community. However, it does need to be recognised that the sector has been negatively impacted, with many community clubs and sports organisations having to rebuild their membership and finances following a turbulent couple of years. The Healthy Living Team have worked collaboratively with Sport Wales to support community organisations with their recovery, and have supported access to funding to aid this recovery.

Whilst Covid restrictions were in place which limited participation in organised sport at times throughout this period, the Healthy Living Team continued to facilitate family based, intergenerational physical activity that could be undertaken within the home or in the local community. This followed on from the positive demand for such activities during the period when there was a 'stay local' message. The added benefits of this is that many of these activities have been created with low or no cost to the participants so takes away the barrier of cost that some families in the Vale face. Having access to localised activity also took away the barrier of traveling to activities. There continued to be a focus on positive messaging around the benefits of physical activity participation whilst restrictions were in place, which appear to have been embraced by the community with informal activity such as walking, cycling and running being popular activity choices.

The projects developed within the plan are insight led, targeted at tackling inequalities, focussing on areas/groups where participation rates are low and/or where barriers to participation are faced - this includes those affected by socio-economic factors, to close the gap between male and female participation rates, targeting specific age groups where participation rates are lower, supporting those affected by rurality, supporting individuals with additional needs and those lacking in confidence. The focussing of resources supports the priorities identified in the Vale of Glamorgan Wellbeing Plan and the Move More, Eat Well Plan. Lessons learnt have also been a key part of the insight process.

Despite the challenges faced, there have been positive developments some of which are highlighted on the following pages.



ACTIVE YOUNG PEOPLE

- *Developing foundation and fundamental movement skills amongst children and young people to increase confidence and motivation to take part in sport and physical activity.*
- *Increasing awareness of physical literacy amongst parents, carers, pre-school staff, community coaches, volunteers and other community members.*
- *Targeting provision based on need using insight, data and partnership working to tackle inequalities.*

74,510 participations in sport & physical activity through opportunities created through the Active Young people Programme working in partnership with over 180 partners.

- See appendix C for Active Young People programme infographic

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

It has been identified that 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.

- Active and Healthy at Home project - nursery settings supporting communities in deprived areas have been supported with activity bags, and resources have been developed to loan to families to support physical activity at home. As a result, 100% of respondents reported increased activity levels (significantly or partly), 100% reported increase in awareness of activities to do at home and 100% reported visible improvement in fundamental movement skills.



- Worked in partnership with the Public Health Nutrition Team to increase physical activity levels amongst targeted families via the Nutrition for Your Little One scheme. Family pre-school sessions delivered, promoted via Flying Start and links with other Early Years settings.
- Developed links with local parent & toddler groups and libraries to provide resources for families, giving ideas for sessions to incorporate fundamental movement and deliver key messages about the importance of participation in physical activity.

- Worked with the Healthy & Sustainable Pre-school scheme to attend local health fayres in targeted Flying Start areas to inform families of key messages around physical activity and share information on opportunities available.
- Provided free, universal access to all resources created as part of the above via the inclusion of the resources on the Vale Healthy Living Team webpages.
- Partnership with Early Years Wales to deliver family activity sessions and events for pre-schoolers and primary age children. Whilst the events were open to all, some targeted marketing took place to encourage the least active to participate, also targeting areas of deprivation to encourage activity in early years.



Supporting Universal Provision whilst Tackling Inequalities

Developing projects that provide universal provision, as well as targeted projects to tackle inequalities - developed to target the least active families and residents, and support those facing barriers to participation.

- Summer of Fun programme led by the Healthy Living Team with 99 partners involved. Provided children and young people aged 0 – 25 years with access to free sports, play and cultural activities to support their social, emotional, physical and mental wellbeing following the impact of the pandemic. 648 sessions were delivered in more than 92 different activities with 10,438 participations across 20 different geographical areas of the Vale. A combination of universal and targeted provision – e.g. young carers who would struggle to attend the timetabled SofF activities due to their caring duties were supported through planned day trips; identified young people who were experiencing mental health and wellbeing issues who did not have the confidence to attend the universal provision were catered for through separate provision; activities were organised by and for disabled young people through the Vale People First organisation. The Vale were chosen by Welsh Government to host the launch event for the Summer of Fun. See case study infographics below.



The Summer of Fun....

Reached a large number of children and young people who had lots of FUN and became more active!

Supported positive wellbeing following a difficult period. Some young people stated that taking part in these activities and meeting new people increased their confidence after the lockdowns.

Participants had the opportunity to re-engage within their communities, encouraging and supporting them to have time outdoors following the Covid restrictions.

The free activities took away the barrier of cost, supporting them to try new activities.

Feedback highlighted positive impact on developing communication skills, play skills, creativity, confidence and Welsh language skills.

Provided parents time out after a challenging time and provided an opportunity for parents to work without having to care for the children at the same time.

Some parents joined in the workshops, providing the opportunity for quality family time experiencing a new activity

Within the Summer of Fun, the Healthy Living Team delivered sports taster activities in partnership with local organisations and clubs with a focus on targeting the least active and those unable to afford community summer provision. As a result, 699 children and young people participated across 134 sessions. As a result, 87% of participants felt more motivated and confident to take part in more activity and 60% wanted to join local clubs to continue activity in the future.



- Following on from Summer of Fun, a Winter of Wellbeing programme was organised by the Healthy Living Team in partnership with more than 70 organisations, impacting on thousands of participants across hundreds of free sessions including sports, play and cultural activities. Whilst provision was open to all, targeted promotion took place via partners such as Social Services, Housing Associations, young carers group and The Index (disability groups) to engage children and young people who may not otherwise participate in activity.

The Healthy Living Team led on the sports element of the Winter of Wellbeing programme, engaging with local community clubs and Legacy Leisure to deliver activities targeted at specific groups/age groups/activities, which had been identified as a result of consultation / insight including pre-school, primary and secondary age activities. This was very much focussed on linking to sustainable community activity, with particular engagement around archery, boxing and supporting other local clubs to deliver to young people. A partnership

with the Vale Mini & Junior Football League was progressed with 23 clubs supported with equipment to assist with further development. In addition, a further 6 rugby clubs, and 15 clubs/groups were also supported for junior / youth development. Partnered with Legacy Leisure to host 'informal' sessions including teen inflatable swim, and turn up and play badminton. This was in response to consultation indicating some young people did not want to join clubs but preferred less formal activity they could just turn up with friends and take part.

- Girls only community physical activity sessions were delivered targeting girls who are least active, resulting in 100% feeling healthier and more confident and motivated to take part in other activities.



- Developing foundation skills through Family Engagement Sessions targeting those not currently engaged / do not have the motivation to / could not afford to join sports clubs, particularly for residents living in areas of deprivation through Facilitated Family Sessions to encourage families to be active together, targeted at children aged 5-8 years not already part of a sports clubs. Reasons for taking part varied but mostly centred around (a) affordable activity (b) more social interaction (c) something to do as a family. 66% of respondents reported an increase in activity levels, confidence and motivation. 100% of parents/carers felt more confident in knowing the types of movement / activities that are appropriate to their child and will continue doing these types of activities at home.
- The distribution of free Reggie Goes to the Moon storybooks which provides ideas through a fun storytelling format to children with additional needs to support them to develop their fundamental physical activity skills. These are a series of storybooks written by the Vale Disability Sport Officer and illustrated by the Vale's Graphic Designer to cater for a variety of additional needs. This project was funded by the Cardiff & Vale Prevention Funding pot.

Whilst flying to the moon, Reggie has to get his space suit on ready for landing.
The space suit is at the other end of the rocket, so Reggie has to move along the ship to get to it.

What types of different movements can you do?

- Crawling
- Fast pushes
- Slow pushes
- Ducking down when pushing
- Starting and stopping
- Controlled movements whilst out of your chair





- Following analysis of consultation undertaken with young people, a series of sessions in identified activities were developed, targeting young people (secondary age) who were not currently part of sports clubs and / or living in areas of high deprivation. Activities included skateboarding, golf, badminton, boxing, swimming, taekwondo and dance. There has been an acknowledgement that taster sessions do not always lead to sports club membership, especially for those in lower income families. However, confidence and skills obtained provide a launch pad for continued informal engagement e.g. confidence to attend skatepark, being able to turn up and play a game of badminton which is just as important for those who do not want / or cannot join clubs.

Skateboarding sessions - hugely successful in attracting the less active / those not engaged in other structured sports activities with all sessions full in attendance – this is also an activity that can be participated in informally without the need to join a club.

Boxing - an activity that was attracting young people from areas of deprivation and one of the few sports clubs where young people could pay on a weekly basis - 3 clubs supported through the Winter of Wellbeing programme with the aim of attracting new participants and re-engaging post COVID with previous participants.

Golf - local clubs who met GOLF Wales accreditation standard (GolfSafe) were approached to deliver 6-week introductory sessions in winter period with aim of young people being able to join club for summer season. Two courses were run in different geographical areas and attracted young people not currently engaged.



- See appendix C for Tackling Inequalities infographic

Supporting Schools

Covid restrictions have had a significant impact on implementing the planned schools programme, therefore innovative ways of engaging children within schools were developed. It has been observed generally that there has been a significant impact on uptake of extra-curricular activities since schools have returned, particularly by young people who were not previously involved in extra-curricular clubs. Discussions with school staff highlights that it is evident that young people are still readjusting to school life after having 2 years of disruption.

- Whole school engagement through activity challenges - 2789 children took part in primary challenges to develop fundamental foundation skills to be active for life.
 - Daily Mile Challenge – originally introduced to build the confidence and running ability of pupils to participate in the local Cross-Country event later in the academic year. However, because of the ongoing pandemic, the Daily Mile was offered as an inter-school challenge with schools logging miles of pupils over a set period. This activity was particularly successful in whole school engagement with over 1,708 participants involved in a 6-week challenge. As a result of its success and as ‘face to face’ competitive opportunities have not been able to take place during this period, virtual cross country style events were introduced which impacted on more pupils.

- Foundations Challenge - provided an opportunity for pupils in nursery-year 2 to engage in school challenges with the aim of providing opportunities to pupils to improve their fundamental skills through four inclusive challenges.

“The daily mile has provided children who may not complete any exercise outside of school the opportunity to introduce physical activity into their daily routines. We have also seen an improvement in children’s mental health and their concentration levels during other lessons”.

“The daily mile has been great because it removes barriers for children to participate in physical activity.”

“A girl in Year 4, who was not very active and didn’t really like to participate in any running activities, has been motivated by her peers to challenge herself during the Daily Mile. She aimed to do more laps each week than the previous week. Her confidence has soared.”

“Pupils have been more likely to participate in physical activities following the challenge!”

“All Year 5 Pupils have been taking part in the ALMOST Daily Mile this year, 50 pupils. There is an issue amongst some of our Year 5 boys with their weight. As a result. we started the ‘Almost daily mile’ as a starting point to engage and encourage”

“The children have been more active and even incorporating the Four Challenges within their Daily Mile by skipping, running, scooting, space hopping!”



- You asked... We did: The lessening covid restrictions towards the latter end of the year resulted in some primary schools looking at opportunities to re-introduce extra-curricular activity into the school. 23 schools supported to develop new extra-curricular sports / physical activity clubs in response to pupil led consultation. As a result of consultation with young people, opportunities developed in partnership with local organisations in swimming, badminton, boxing, golf & skateboarding. 14 schools received £8156 to create/support additional provision.

- Funding secured from Sport Wales to deliver the Active Beyond the School Day pilot delivered in partnership with Pencoedtre High and local sports clubs to engage pupils past the 'traditional' school day in physical activity. (School identified due to its high number of pupils receiving free school meals and engagement with a wider engagement project looking at provision of hot meal after school). 102 participants in 115 sessions accruing 605 participations. Successful project in engaging with young people not previously engaged with significant 'other' impacts such as improved behaviour, improved wellbeing etc. As part of this project, pupils have also been recruited to undertake a Sports Leaders course to support sustainability of some activities. See case study in Appendix C.
- Funding was secured via Cardiff & Vale Prevention Funding (linked to the Cardiff & Vale Move More Eat Well Plan) to introduce an Active Playgrounds pilot. Led by the Healthy Living Team, identified primary schools with low physical activity participation rates were identified to receive funding to install active playground markings, to establish if the markings positively impact on activity levels. Led by the Active Travel Officer, schools who have signed up to develop Active Travel plans have also been supported with funding to install cycle marking routes in the playground and funding (via Active Travel team) provided to purchase bikes, storage containers and safety equipment. The Healthy Living Team have provided links to the British Cycling Get Set Cycle resources to support pupils in improving their skills and confidence to cycle. Teachers have been identified with an interest in cycling and training is being organised to upskill. These bikes will therefore be used to deliver extra-curricular cycling sessions (cycling has been identified as latent demand but local cycling club not ready to take on juniors). This funding has also supported the WOW Active Travel to School Scheme to be introduced by the Active Travel Officer. Teachers have been identified with an interest in cycling and training is being organised to upskill. These bikes can then be used to deliver extra-curricular cycling sessions (cycling has been identified as latent demand but local cycling club not ready to take on juniors). As this project is not yet complete, the learning and evaluation will follow.



- Utilising Playmakers to lead peer to peer activity - Playmakers training to primary age pupils was able to resume at the end of the year with more outdoor based courses taking place. Playmakers continue to have a positive impact on peer led engagement with age groups who have previously had less access to extra-curricular club, i.e. Foundation/KS1.
- An online system was created through which schools can access information around relevant training / visits (Young Ambassador, Play Makers, Play Together, Bespoke), and can directly 'book' a slot. Schools could also see where other schools had booked in, possibly increasing confidence in the value of the programmes. This brought a significant increase in engagement of cluster primaries with 66% of schools, who had not engaged in training in two years.
- The dip in engagement amongst primary schools due to the impact of covid provided time for the team to reflect on the primary programme, challenging and assessing the value of all elements of the programme and deciding whether to re-start, amend or stop each element. This allows the team to be more focused and are confident to not feel pressurised into taking offers / undertake work for National Governing Bodies of Sport to meet their

priorities, if they do not also meet the team priorities. (There has been an increasing number of requests from NGB's for the LA to deliver their NGB programmes on their behalf).

- School club links such as girls rugby developed with local hubs. 20 girls attending sessions which evidently increased confidence / ability with girls indicating they felt more confident to attend community session. However, there was a large drop off, so additional work required to create transition including hosting more sessions at clubs so girls start to become familiar with environment.
- Towards the end of the year, extra-curricular activities started to be introduced post COVID restrictions including dance, taekwondo, yoga, karate to meet demands of young people. These sessions have particularly been targeted at those less active, with officers working with e.g. school councils, YA's to establish demands. Inclusive sports within break / rest periods have been introduced in specific school as result of consultation with STF users which resulted in new engagement with school pupils who would not normally engage. Active Kids 4 All / Disability Inclusion Training highlighted could raise expectations among STF staff, as to what activities can be performed / adapted for pupils who have challenging impairments. The nature of the intervention was that different pupils would be available and attend each week based on timetabling etc.



Case Study – Summer of Fun 2021



VALE OF GLAMORGAN SUMMER OF FUN 2021



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

92

More than 92 different activities

648

sessions

99

partners involved



14,301

spaces available on activities

12,200

spaces booked

10,438

spaces taken up



20

different areas of the Vale

0-25

age of children & young people who attended

Project Leads:

Vale Play Development Team
Vale Sports Development Team
Vale Tourism & Events Team
Cadoxton Primary School
Vale Family Information Service
Ysgol Y Ddraig

Boys & Girls Clubs of Wales
Vale Libraries
Vale Countryside Team
Cardiff YMCA (young carers)
Hurts So Good
Motion Control Dance

Vale Arts Development Team
URDD Gobaith Cymru
Inspired Learners
Menter Bro Morgannwg
Vale People First (disabled YP)
Vale Youth Wellbeing Team

“I have made some amazing friends”
“I loved meeting other young carers who understood”
“Amazing day out it was so cool”
“I needed a break from home and this really helped me today, Thank you!”
Feedback from young carers

“I didn't think stuff like this was for me (archery), so glad I gave it a go as have loved it!”

“My 5 year old son had an amazing time at MCD over the summer holidays 2021. He has separation anxiety so we were worried he wouldn't cope, but he loved it. Along with his sister he enjoyed every session and the different dances they did. He got on well with the instructors and mixed well with the other children. Thanks for the great experience.”

“My son absolutely loved every minute! The instructors were fabulous and the range of activities was great. He loved the variety of different activities and thoroughly enjoyed every day. He did especially like the inflatables, but he equally loved playing flag, dodgeball, football, gladiators, boxing - it was all really GREAT! Thank you and please do it again!!”

“You have excelled in your service to our kids this summer. Compared to relatives and friends who are in other counties the choice and the amount of activities you had on offer this summer was amazing. Whoever organised this summer needs a massive pat on the back. Well done vale of Glamorgan council and vale summer of fun. You have made it a special one after a tough year.”

“It was the Best Fun all Summer!
I loved the Plane and kites the best!”

“I feel relaxed. Art makes me escape stress. Plus, it was fun, and I enjoyed myself
Enjoyed writing the song lyrics
Loved making a wound! with special effects makeup
Learnt how to express my ideas through art”

“I like there are lots of things to do at Bwrlwm. I really enjoyed making art, playing tennis and building tennis”

“This is so much fun, frisbee golf is something new that I have tried”
“I wasn't keen to join initially but so glad that I did as the sessions have been so much fun”.

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*
- Positive progress within the 60+ Active Leisure Scheme, which aims to increase physical activity participation and support wellbeing amongst the least active in the 60+ age group. The first phase of this project focussed on areas of deprivation in Barry. Progress in all 3 elements of the scheme:
 - Golden Pass - use the principles of behaviour change to guide inactive people on a journey to becoming active on their own terms. 140 residents engaged in the project, with 90 eligible for a Golden Pass to access free activity in more than 20 different community-based activity settings across the Vale. Planning has taken place to roll out the project to areas in the Eastern and Western Vale.
 - Golden Fund - improve the sport and physical activity provision available to the 60+ age group to meet demand. 13 projects supported with funding to develop new or further enhance existing physical activity opportunities for residents enrolled on the Golden Pass project. Activities have included music and movement sessions, tennis, dance, walking football, walking netball, squash and yoga.
 - 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. Examples of volunteer driven projects include:
 - Activator A is working with the Healthy Living Team to develop a bowls club at Peterston-Super-Ely Village Hall with 20 people engaged. The volunteer accessed Activator funding and successfully applied for top up funds from Peterston Community Council to create a section for the hall. A committee has been formed and the project will commence shortly.
 - Activator B is helping to develop the Golden Pass project in Llantwit Major. They have promoted the project to local activity providers, and will support promotion of the scheme to residents through various committees and groups they are involved in.
 - Other Activators continue to be supportive of activity and are discussing ideas of how to engage more people aged 60+ in their local areas.
 - Due to the targeted nature of the scheme, a range of referral partners are involved including Newydd Housing Association, Age Connects, Action for Elders, Race Equality First, Wales & West Housing, Vale Homes, National Exercise Referral Scheme, Primary Care Physio Team and VCRS Community Physios.
 - Pre/post evaluation following 8-week intervention on the scheme has highlighted positive impact on group averages:
 - reduction in the time participants are sat down
 - Physical activity confidence improved or sustained in 80% of participants
 - increased walking and participation in moderate / vigorous activity amongst participants

- positive change by at least one measure in a wellbeing measure e.g., the response for feeling optimistic moved from 'Some of the Time' to 'Often' between pre and post intervention
- The delivery of virtual activities to individuals in residential homes to support access to physical activity via a virtual link when restrictions prevented visitors from entering the premises. This also supported connections between different residential homes.



- Continued partnership with the Cardiff and Vale Public Health Team to secure funding from the Welsh Government Prevention & Early Years funding stream to combine with funding from Sport Wales to employ an Officer dedicated to increasing participation amongst targeted adults.
- Vale Females on the Move - female participation reducing the gap and growing confidence: specific activities to support inactive women including female only swimming (barriers around confidence and cost); no cost activities including walking, promoting existing walking projects / routes, working with a local walk volunteer and training a new walk leader to lead local walks, linked project to local mental health charity – Platform who are supporting the group with two additional volunteers. The mental health workers offer support and advice to attendees with mental health barriers; Walking netball has re-started. Work with the Hindu Cohesion Mandal to increase activity levels for women and families who attend their group.
- Walking netball re-established to engage those wanting to get more active in a low impact activity that also provided social activity. 100% of those taking part felt more confident to take part in other physical activity, 100% felt more motivated and healthier.



- See appendix C for Golden Pass Review 2021 – 2022.

Case Study - 60+ Active Leisure Scheme Example of Activity

Name of Project	Gentle Exercise and Social Groups in Barry
Aims of the Project	To improve physical and mental wellbeing in older people To reduce social isolation and loneliness in older people To provide regular gentle exercise and social groups
General Overview of Project	Gentle exercise and social groups were delivered on a weekly basis in a community centre in the town of Barry. The gentle exercise consists of Move It or Lose it or tai chi and lasts for half an hour. This can be done seated or standing. The social hour includes refreshments and a quiz, or a game and lots of chatting! Participants are recruited via our social media, adverts in the local paper, word of mouth and through the VOG Golden Pass scheme.
Outcomes of the Project	We currently have 23 participants who attend regularly. There were 12 new members during the Golden Fund project. The groups have built up its membership to a sustainable level and is now an ongoing session for With Music In Mind.
What did you learn from the project? <i>Any successes, barriers, enablers, complications that helped or hindered your project?</i>	Gentle exercise appeals to many older people because they can do it seated or standing, and can go at their own pace. We have inevitably had a drop out rate of some older people who didn't come back because of several reasons, including COVID anxieties, Winter coldness (although the hall was heated, we had to keep windows open due to COVID regs), personal reasons / transport issues. However, we have also welcomed new members and are happy that the numbers are sufficient for us to keep the sessions running. The alternating nature of the exercises has been successful, with people gaining benefits from both the tai chi, and the Move It or Lose It.
Feedback from Participants <i>Please include any quotes you've gathered from participants</i>	Participants have reported feeling physically improved after attending the sessions on a regular basis. They have also reported improved mental wellbeing and confidence in daily life. The social aspect has greatly helped following the pandemic, and reduced feelings of loneliness in those who have been isolated during lockdowns for so long. <i>"I really enjoy the gentle exercise and I can go at my own pace, but I LOVE the social aspect, with a cuppa after the hard work!" Female member, age 70+</i>

ACTIVE COMMUNITIES

- *A network of inclusive, thriving clubs and organisations delivering quality opportunities to increase regular participation*
- *Exploiting the diverse natural and built environment to encourage more informal physical activity opportunities*
- Healthy Living Team have assisted Sport Wales with assessing Be Active Funding applications from Vale sports clubs and organisations, which aims to support them to recover from the impact of Covid and to develop projects which reduce inequality, create long-term sustainability or introduce new or different ways of operating.
- Local clubs have been supported post Covid with areas such as access to funding, training and promotion of opportunities through e.g. Winter of Wellbeing programme, school club links and taster activities. 80 clubs supported with £61,937.82 of funding for equipment and resources through Letter to Santa, Winter of Wellbeing and Prevention funding. Additional funding secured by clubs via Sport Wales Be Active funding.
- The Healthy Living Team worked in partnership with local community clubs and National Governing Bodies of Sport to provide free sports and physical activities during the Summer of Fun programme to support children and young people to improve their health and wellbeing following Covid. This also supported the clubs with re-engaging with the community and encouraging new membership following the negative impact of Covid on club membership.



- Active & Healthy at Home project delivered in partnership with HAPI (Newydd Housing) and Sport Cardiff to support the least active residents, through provision of resource ideas and equipment to increase physical activity levels within home environment. Support was also provided to residents who struggled to access good food through provision of food boxes and recipe cards. 39 Vale households applicants were assessed based on need to receive packs, with project targeted at residents affected by socio economic factors and those with disabilities - local research undertaken during Covid highlighted individuals within these groups were the least active. For those households with young children, Play Packs were supplied via the Vale Play Team. 85% of recipients reported increased confidence to take part in more physical activity, this remained high at 75% after 6 months; 70% of recipients reported still using the sports equipment at least twice a week after 7 weeks and 58% of respondents reported to be still using equipment at least 2-3 times per week after 6 months. See Appendix C.
- The Winter of Wellbeing programme aimed to re-engage young people post Covid. 44 community organisations delivering sport / physical activity were supported with funding and promotion through this programme, impacting on at least 4631 children and young people from pre-school age to 24 years.
- Disability Sport Regional partnership working took place to deliver online activity sessions for disabled people unable to access in person activities due to the impact of Covid.

- Clubs encouraged to become involved in the InSport programme to develop inclusive community opportunities.
- The Junior Park Run were supported with equipment to assist with developments post COVID whilst the Cosmeston Park Run was supported with equipment to create a new Park Run opportunity in the Vale to compliment the Barry Island Park Run.
- The Playfully Active Treasure Hunt was delivered in partnership with the Vale Play Team, where activity bags were created containing play and sports equipment which were hidden across the Vale for children to find and keep, supporting them to undertake playful activities with their friends and families. Whilst these bags were hidden at locations across the Vale, there was a focus on hiding them in areas where families are known to be from lower income households to support their access to play activities and equipment.



- Further partnership working with the Vale Play Team saw free sport and physical activity opportunities delivered across the Play Rangers sessions, in outdoor spaces in local communities to reduce barriers to access activities due to cost and transport issues. Also supporting community re-engagement following covid. Free sessions also delivered within the Hotshots programme delivered during October school holidays where children had the opportunity to try a variety of free activities including baseball, dance, netball, gymnastics and archery.



ACTIVE LEARNING

- *Vale Active Learning Pathway – developing 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:

- 98 organisations involved in 87 leadership & volunteer training opportunities involving 2206 training hours, and 2183 volunteer hours committed by young people through the Active Young people Programme.

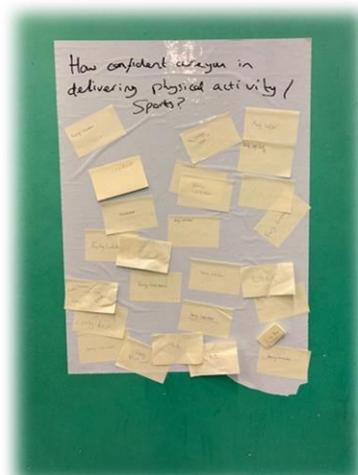
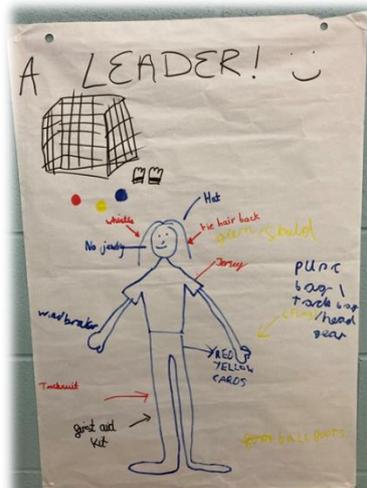


- 115 primary age pupils attended Admiral Play Together Awareness training, giving them the knowledge to support their disabled peers in physical activity.
- The Young Ambassadors project delivered, with young people becoming ambassadors to encourage and support their peers to participate in physical activity. As part of this project, a partnership took place with the Vale Youth Service, who delivered an Ambassador Rights workshop to Silver Young Ambassadors as part of Rights of the Child awareness programme. This extended knowledge of rights of the child for YA's and how it links into the wider YA ethos.
- The Playmakers project has seen 162 children from 10 primary schools receive training to develop their skills to deliver physical activity opportunities to their peers.



- 171 candidates from 38 different clubs and organisations attended 17 coach education courses and workshops as part of the Creating Confident Coaches and Volunteers project. These included First Aid, Safeguarding, Social Media, Funding Awareness and Mental Health Awareness training.

- The Coaches of the Future project has seen young people 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 Community Sports Leaders and sport specific leadership courses.



- Training to support social running programme - 3 run leaders have been supported to attend training to assist visual impaired residents in accessing running opportunities; new run leaders and coaches supported to create more social running opportunities resulting in two new run groups being established.





**VALE PLAY TEAM
ANNUAL REVIEW 2021 – MARCH 2022**



A Play Friendly Vale

***Supporting Physical & Mental Wellbeing
through Play***

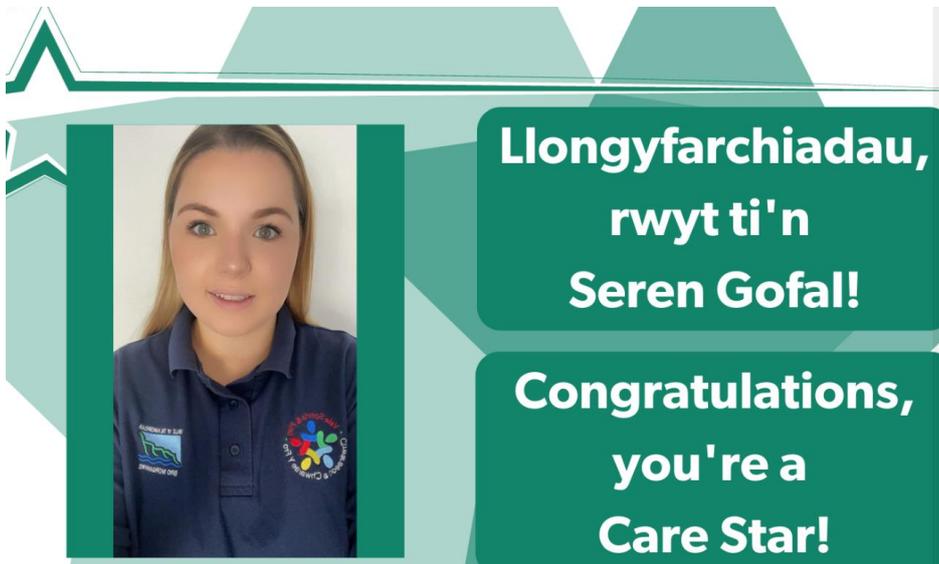
OVERVIEW

There is a growing recognition of the value of play by both 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 as we come through 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 recently undertaken '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. Parents /carers also recognise the value of play as highlighted in the Play – Have Your Say Adults survey results, identifying benefits including the opportunity for children and young people to have fun, develop relationships, build confidence, develop their imaginations and creativity, relax, develop resilience and problem-solving skills. It is recognised 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 choose when, how and where they play.

Although 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.

Whilst there have been positive developments taking place across the past year, the effects of the Covid pandemic continued to impact on the delivery of planned actions. The ongoing restrictions impacted on participation, preventing some provision from being delivered, and the play sector had to consider how it could still positively support participation and impact on the overarching aims of the plan, whilst taking into account the constantly changing restrictions. The Vale Play Team and their local and national partners have all shown a commitment to supporting children and young peoples' play throughout this difficult time, looking at innovative ways to progress. This commitment has been recognised by Social Care Wales who named both Joanne Jones and Julia Sky from the Vale Play Team as Care Stars in their National Awards for their determination to ensure children were able to access some form of play during the challenges of lockdown and covid restrictions.



Despite this difficult time, it has also been an opportunity for the Vale Play Team and partners to adapt and accommodate positive change, working in new ways to support children, families and communities across the Vale of Glamorgan. The Team have worked in collaboration with more than 50 internal and external partners to support more children, young people and families to access quality play opportunities, which has supported the health and wellbeing of our communities. They have developed and delivered their own programme of activities, whilst also supporting partners with the knowledge, skills and resources to deliver provision themselves. Some of these developments are identified in the following pages.

PROVIDING FOR DIVERSE NEEDS

- 155 children supported in Vale Families First Holiday Club – providing supported full day play provision for disabled children aged 4 – 11 years during school holidays. A positive example of collaborative working which impacts across policy agendas. See case study below.



- Keycreate is a community organisation offering play opportunities for pre-school age disabled children and their families during term time, in addition to weekend provision for all ages. The Vale Play Team are supporting Keycreate with delivery in some of these sessions and funding has been provided via Welsh Government Playworks funding to purchase peripatetic equipment such as electric hoist, changing bed and play equipment. The involvement of the Vale Play Team in sessions is supporting the transition of children into the Families First Playscheme, once the children reach the appropriate age. The sessions are increasing confidence amongst parents of children with disabilities and additional needs that their child's needs can be catered for during play provision. Families are supported to play together. Play sessions also provides an opportunity for parents/carers to socialise, share experiences and be supported.
- It is recognised that play provides a positive contribution to children experiencing adverse childhood experiences (ACES). During the first Covid lockdown, the Vale Play Pavilion was created to support vulnerable families linked to Social Services and identified by the Learning & Skills Directorate to provide respite support over the school holiday period. Due to the ongoing restrictions, the Vale Play Pavilion continued to provide opportunities for vulnerable children directorate during Easter 2021 and May half term.

Case Study: Families First Holiday Club

A tremendous amount of work takes place behind the scenes to discuss the individual needs of each child with their parents / carers and create an environment that ensures that the children's individual needs are catered for. With demand for spaces at the FFHC increasing, there is increasing administration required and this year there was the added challenge of Covid, with additional processes and procedures put in place to make the environment as safe as possible.

Bespoke support is provided including 1:1 support and access to specialist equipment. The provision not only provides disabled children and young people with access to fun, accessible play opportunities, it also assists with providing respite for the families and supports the Child Health & Disability Team within Social Services by providing a support mechanism for families during school holidays - a time when additional pressure is placed on the families of disabled children who are linked to the Child Health & Disability Team. The Vale Play Team also works with the Early Help Team to support children from families who are experiencing difficulties due to a number of reasons including trauma, bereavement, family illness and attachment issues. Children are able to attend either the Families First Holiday Club or inclusive playscheme / Play Rangers giving them access to play opportunities, but also giving them time away from the family issues to play with other children.

There is good partnership working between the Families First Holiday Club and the Teenscheme (provision for disabled young people aged 12 – 18 years) to ensure a transition between the services as the children grow older. The Index which is managed by the Family Information Service is an important mechanism to promote the two programmes. The Child Health and Disability Team and Specialist Health Visitors work closely with the Vale Play Team to refer children into the service. Feedback from Specialist Health Visitor who links children into the Families First Holiday Club highlights the importance of the provision:

"I am writing in continued support of the holiday play scheme run by Joanne Jones and her colleagues. Prior to each school holiday, I am contacted by anxious parents who are worried about how they are going to manage/cope with their child/children in the school holidays (particularly the six week summer holidays) as their child has a disability and the long summer holidays can be isolating and boring for many children. I am able to reassure parents and advise them of the scheme and direct them to Jo and her team. Once the children have attended the play scheme Jo will contact parents directly to advise them of the planned dates and times for the next play scheme.

The play scheme enables children with differing disabilities the opportunity to make new friends and to try lots of fun activities under the guidance of highly trained staff. The play scheme has many different areas set up for play (soft play/rough and tumble) outside space for bikes, trikes, ball games, sand and water play as well as quiet space for reading, time out). The play scheme provides a place of safety for the children and provides each child with something to look forward to. It allows children to broaden their horizons and gives them memories to embrace and share".

The feedback from parents / carers also highlights the value they place on the service:

“Amazing friendly staff. My son enjoyed every minute of it. He could play, explore, meet new friends and more importantly be himself with no need to mask his differences”.

“My son really loves going to playscheme. As a parent I love that my son is in a safe environment where staff understand his needs”.

“All I can say is a massive Thank you to everybody involved in Playscheme. Thank you for making my little boy happy, and to be able to be part of Playscheme. Makes such a difference Going to work knowing he’s happy and safe”.

“Would be lovely if it could run for a longer period in the summer holidays. The last three weeks was very hard work without playscheme”.

Due to the impact of Covid, the Vale Play Pavilion and the FFHC amalgamated to provide joint provision for vulnerable children and children with disabilities during two of the school holidays. When children were not able to attend scheme, the play team supported access to activity at home where possible and distributed ‘Lockdown Champions’ packs to identified children.



COMMUNITY DELIVERY

The Vale Play Team have worked with a range of partners to create and deliver a play package which supports the diverse needs of children and families. This includes:

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

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

- Delivery of a free community play programme at locations across the Vale that included school holiday provision incorporating the Summer of Fun play programme, playschemes and Woody Wanderers outdoor play sessions. 2192 participations at community play sessions. The Holiday Hunger programme has been 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 socio economic factors. This was supported by free snacks and drinks from Tesco. See appendix C for Summer of Fun infographic.



- 952 children took part in 154 hours of play as part of the Summer of Fun 2021 at 22 different venues across the Vale.



"I would like to say a big thank you to the whole team for providing the scheme. My 3 children absolutely loved their time at the sessions and the staff were always lovely and helpful, especially when my son was experiencing difficult days. I am a single parent with absolutely no childcare. The scheme helped me immensely".

"Such a brilliant scheme for children during the summer break. It got them away from their screens and was a fun group activity after the long covid lockdowns".

"You have excelled in your service to our kids this summer. Compared to relatives and friends who are in other counties the choice and the amount of activities you had on offer this summer was amazing. Whoever organised this summer needs a massive pat on the back. Well done Vale of Glamorgan council and Vale summer of fun. You have made it a special one after a tough year".

"What a difference compared to last year...not being able to do any of these things that we often took for granted! Children deserved every bit of this funding and these opportunities. Free and open to all children/families. Thankyou!"

"The leaders were awesome, professional yet friendly. They engaged my little lady with creative ideas and encouraged her to try new things".



- Outdoor Play Ranger sessions delivered in October and February half term at 16 venues in targeted areas providing opportunities to 220 children. The sessions provided universal provision, whilst also supporting access for children and young people from disadvantaged families, those with additional needs, children who are at risk/vulnerable or who are affected by rurality. Areas chosen based on insight and need / in response to PSA demand.



All Play Rangers sessions were open access and held in parks and open spaces across the Vale. They were child led sessions incorporating a free play approach. The staff work within the play work principles and allow the children the freedom of choice, with a large amount of loose parts and resources to enable them the best possible play experience.

- Progress with planning for the roll out the Play Cubes project in 2022 – 2023, which will see shipping containers filled with play equipment placed in identified locations across the Vale where staffed play provision will be delivered. Community consultation was initiated. Resources purchased from Playworks funding to support the project.

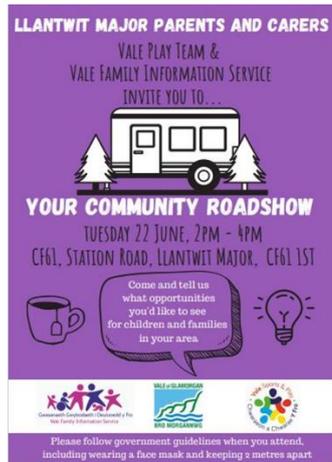


- 4 Christmas Family Fun events were organised with 300 people registered to attend. However, the events had to be postponed at the last minute due to heightened number of COVID-19 cases towards Christmas, and cases within the staff team.



COMMUNITY PLAY DEVELOPMENT

- Initiated the Play Sufficiency Assessment process, which is a statutory duty placed upon all Local Authorities by the Welsh Government. This will provide a picture of play sufficiency in the Vale. As part of this process, various consultation exercises have taken place including Consultation Roadshows and the 'Play – Have Your Say' survey. 419 children and young people and 336 parents/carers completed the survey. Analysis is taking place and will be used to inform the assessment and future planning.



- Positive progress made with developing a Street Play policy, which has involved collaborative work between the Vale Play Team, Highways, Legal, Active Travel Team and Play Wales. This will allow local communities to request temporary street closures to support children and families to play in their communities.
- Progress with planning for the roll out of the Play Friendly Schools project which will
 - support schools with providing a rich play environment for breaks during the school day
 - support schools with providing play opportunities during out of teaching hours
 - provide access to school grounds for playing out of school times
 - provide school staff/volunteers with access to play training to increase staff understanding of the importance of playtime and how to facilitate quality play
- Further developed the Play To Go resource library, developing the Play Takeaway Menu which highlights the range of themed packages community groups can hire for free to support community play. Additional resources were purchased to extend the opportunities available.
- Recreate Scrapstore were supported to provide family junk modelling and loose parts workshops which were attended by 60 children and families. These workshops also provided an opportunity for the Vale Play Team to consult with parents/carers as part of the PSA consultation process, finding out their thoughts on the benefits of play, what play means to them and any barriers their children face to playing. This information will be used to support an awareness raising campaign amongst parents / carers about the importance of play.

- Positive cross departmental working between Council departments including the Parks section of Neighbourhood Services, the Play Team, the Planning Department and Financial Services to capitalise on the use of Section 106 funding and Welsh Government Play Capital Funding for the provision of fixed play equipment and recreational facilities. Similar developments were further progressed by working with external partners such as Town and Community Councils and community groups such as Friends of Seel Park.
- The Playfully Active Treasure Hunt was delivered in partnership with the Vale Sports Development Team, where activity bags were created containing play and sports equipment which were hidden across the Vale for children to find and keep, supporting them to undertake playful activities with their friends and families. Whilst these bags were hidden at locations across the Vale, there was a focus on hiding them in areas where families are known to be from lower income households to support their access to play activities and equipment.



- Worked in partnership with United Welsh Housing, Play Wales and The Woodland Trust to improve a disused outdoor space within Dinas Powys where there are plans to turn it into a community space, which can also be used for play.



- Developed a partnership with Clwb Carco Limited who delivered a pilot play provision during the February half term, delivered through the medium of Welsh. 2 sessions delivered, with 52 children accruing 68 participations. Inclusive opportunities were available, ensuring children with additional needs were able to access community play provision alongside their peers.

"Many thanks for offering a great service. Our children loved it and want to know when they can come again"

"Thanks so much for supporting my daughter over the half term she has physical issues and has grown in confidence by being with you at club"

"The play sessions were fantastic and great to see the use of Welsh language for the children too"

"Play sessions are so important as all my 2 would be doing is sat at home in front of devices while I work"



MAXIMISING FUNDING DELIVERY OF PLAY CAPITAL PROJECTS & PLAYWORKS FUNDING

- *Embracing external and internal capital funding sources to develop community based play*
- *Collaborative working with internal departments and external organisations to enhancing the natural and built environment to encourage unstaffed play*

£218,062.35 was secured from the Welsh Government Play Capital Funding programme to implement a series of projects in collaboration with internal and external partners. A Play Capital Steering Group was established to support this programme, which also helped to consider opportunities to pool with other identified funding to support and grow planned projects. The main focus was to purchase equipment and resources that support community-based play, encouraging children and their families to play in their communities, providing a lasting legacy for the funding. Below are examples of some of the projects supported through the Play Capital funding programme:

Improving opportunities for free outdoor play activities at all times of year

- Extend the time that outdoor play takes place - equipment and storage to facilitate outdoor play activities and 'weather proof' events, purchase a range of wet/cold weather gear for children/staff, structures, floodlights and equipment to support outdoor play activities at all times of the year (Vale Play Team; Countryside Service).



- Improvements to Romilly Park, Barry – extending the pathway at the back area of the park to make play spaces within the park more accessible and supporting access to the willow structures that were funded through previous Play Capital funding.



'Enhancing community spaces and making them more accessible, using natural resources to make fun play spaces and structures'

- A series of natural play installations at Porthkerry and Cosmeston Country Parks, introducing children to nature in a fun and engaging way enhancing family activity at the parks, and encouraging greater exploration of natural routes.



'The design of the features are particularly engaging for our younger visitors to introduce the wildlife they find and to immerse themselves in nature at both parks.'

- Purchase of fixed play equipment placed in parks identified through the improvement plan for fixed play areas, including those within the rural Vale to assist in overcoming barriers to play experienced in rural areas. Also supporting Town & Community Councils and community organisations to enhance community based play through upgrades to fixed play equipment in:

- Seel Park, Dinas Powys (Friends of Seel Park group)
- Winchfield Play Area (Graig & Penllyn Residents Association & Community Council)
- King George V Memorials Playing Fields, Llandough (Llandough Community Council)
- Improved access to the playground and installation of accessible picnic benches at park in Peterson-Super-Ely (Peterston-Super-Ely Community Council).
- purchase of play pod and equipment available for use by organisations and residents in the rural village encouraging additional play sessions (Wick Community Council).

"We were first able to use the equipment for a play afternoon with children during the Easter Holidays. Prior to that organised activities were not permitted. I have attached a photo of the two gazebos being used to shelter play activities where children were making giant bubbles and rockets for launching in the adjacent field. Children were not permitted indoors and the gazebos provided valuable shelter. Parents were very pleased with the afternoon and it could not have gone ahead without the gazebos".



(Age 4): "I like swinging on the swing with my mummy [the You-Me swing] and I like to climb."



"We have been to the park much more often since the new climbing frame has opened and met other families in the area who we didn't know before. The children are mixing and engaging whereas before you might be the only family in the park. It's becoming a real benefit to the community and the fantastic resource for the little people especially after the difficult covid isolation period which has affected children's social interactions".



"My 10-year-old daughter really enjoys going up the park now, she was very proud to show it off to my nephews (aged 8 & 5) last week. They'd come down from Powys for the day and were so impressed and did not want to leave. My brother said how lucky we were to have such a great park so close to where we live. I could not agree more! We've noticed so many more families heading up to the park over the last few weeks, some with picnics, making the visit more of an event. It's so nice to see!"

(Age 10): "I love everything about the park, my favourite is the spinney thing!!"



(Age 9): "I like climbing on the equipment and the new bouncy see saw. It is much better because it's more fun and there is much more to do."

(Age 3): "The slide was very fun and fast."

- Installation of wooden roofed pod for sensory garden at Ysgol Gymraeg Dewi Sant (Welsh medium primary) to benefit both school and community-based activity. In addition to being used by the school, the structure is also used by the Wildfire Wales local Forest Schools group who conduct outdoor play sessions, the Cylch Meithrin, the Out of School Club, and Menter Bro Morgannwg for their free Welsh medium BWRLWM play sessions.



“The Play Pod has given us a centre focal point to develop our Forest activity area. The children love the idea of using a snug to bring back things we’ve collected or to plan what we’re going to do for the session. It also allows for the continuation of activities despite the driving rain!”

Anna Cox, WildFire Wales

“We can immediately see the benefits that this playpod will bring, in terms of providing outdoor creative activities for the children in the school and within the community. We are pleased to have seen it being used already by a community group and by the Cylch Meithrin and we look forward to welcoming other members of the community to our grounds, so that others can feel the benefit. We are extremely grateful for the funding as it has enabled us to kick start a project which we hope to develop further. We are lucky to have grounds which are accessible to others and the space to house resources like this, for the benefit of our children. The funding process afforded us the opportunity to evaluate our own needs and prioritise several ambitions of the school to make links with the community”.

Headteacher - Ysgol Gymraeg Dewi Sant

Supporting access to Play Spaces

- Promote safe travel to local play opportunities and highlight local community play spaces from a child’s perspective, highlighting spaces to play and how children travel to play – purchasing suitable technology to create film footage produced by children, whilst using signage to raise awareness to drivers of spaces in which community play provision is being delivered (‘Children Playing’ signs).

‘Increased awareness regarding the different places and spaces in communities where children can and do play, more children are accessing play experiences safely and there is increased visibility of children playing’

Expanding Community Based Play

- Expand the play opportunities in communities and schools through the Parts for Play and Play Cubes project – purchase of collapsible containers to use as play cubes, which will be filled with resources, that can be sited in communities and schools as a base from which to deliver outdoor play provision that supports imaginative, child led play. These are being sited in identified areas following consultation and use of insight.



- Improving access to quality play opportunities within extra-curricular time and out of school time on school grounds. The purchase of equipment for Cadoxton Primary School to provide activities for pre-school children to use at creche during parent learning sessions; for use in the before and after school play provision; to benefit community activities; during workshops for families with a focus on wellbeing, positive parenting and the importance of parents and children playing together; for use by local Charity Cadogs Corner raising awareness about the benefits of family-based play.



Providing for Diverse Needs

- Enhancement of Palmerston Community Learning Centre to create a base for playschemes, including registering it as a CIW registered setting for provision for disabled children – improvements to outdoor space and purchase of specialist disability equipment including hoist and privacy screen.
- Purchase of van to support the delivery of free outreach community play sessions and events across the Vale.



Undertaking Consultation and Promotion of Play

- Promotion of play – purchase of resources such as branding panels, marketing boards and flags to increase promotion and greater exposure of play.
- Design and creation of wrapping to place on new van and existing trailer to act as a promotional tool to raise awareness of play and the Vale Play Team when delivering play sessions and events in the community.



Developing a Play workforce

- Purchase of technology to support the delivery of play training, to support the Play To Go project, for use when delivering community play sessions or registration purposes and to support consultation.

Playworks funding was secured from Welsh Government to:

- deliver community play opportunities during some school holidays
- support the pilot of a Welsh medium playscheme during February half term, delivered by Clwb Carco.
- support the delivery of weekend term time play sessions for children with disabilities and additional needs and their families, delivered by Keycreate CIC, a local community organisation in Penarth - through the purchase of peripatetic equipment and play equipment and additional staffing through the Vale Play Team to support play delivery.
- support a training programme for play staff to ensure they have the skills and knowledge to cater for a wide range of needs

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*
- 40 staff and community partners trained by Vale Play Team in Introduction to Playwork and Level 2 Award in Playwork Practice. Other playwork training included:
 - Delivering Playful Training Online
 - Recreate Loose Part Training Workshops
 - Knife safety & whittling
 - Outdoor Workshops
 - Forest Schools
- A series of specialist training has been organised to ensure playworkers are equipped to cater for the diverse needs of the children attending. Courses included:
 - L2 Food Safety
 - Manual Handling
 - First Aid online
 - Safeguarding
 - Safeguarding for disabled children
 - L3 Blended Paediatric First Aid
 - Epi pen training
 - Makaton training
 - Youth Mental Health First Aid



- Worked in partnership with Community Adult Learning Team to deliver free Playwork Taster sessions during Adult Learning Week.



VALE SPORT & PHYSICAL ACTIVITY PLAN 'CREATING A HEALTHIER VALE'



TACKLING INEQUALITIES

Female Participation Reducing the Gap and Growing Confidence



Work with Hindu Cohesion Mandal to increase activity levels for women and families

Consultation with female residents to identify motivations and barriers to taking part in more physical activity has initially resulted in a new female only swim session being introduced, further water activities planned and new walk leader trained to lead local walks . Further activities to follow.

Girls only community physical activity sessions targeting girls who are least active resulting in 100% feeling healthier and more confident and motivated to take part in other activities

Targeting communities & residents accessing less opportunities

Active at Home

Partnership food and physical activity project with Newydd Housing HAPI project impacting on 39 families to be more active and access to food. 95% reported improved health and well being with 75% reporting increased activity levels after 6 months.

Best Start in Life

Projects with partners including Public Health Wales, pre-schools and Early Years Wales resulting in equipment loan bags for families in most deprived areas to be more active, family activity sessions for pre-schoolers and primary age for those least active and events to encourage activity in early years. Family resources also developed.

Winter of Wellbeing

Welsh Government project to continue to re-engage young people post COVID

44 different organisations delivering sport / physical activity supported, impacting on at least 4631 children and young people from pre-school age to 24 years.

Active Education Beyond School Day

Successful in Sport Wales / Welsh Government pilot project to extend physical activity beyond school day. As a result, at least 115 sessions delivered to over 150 pupils in secondary school serving high numbers of pupils accessing free school meals



Summer of Fun

Taster activities with local partners provided as part of Welsh Government Summer of Fun targeting least active (only 10% met government guidance for activity levels) / those unable to afford community summer provision impacting on 699 children and young people over 134 sessions. As a result, 87% of participants felt more motivated and confident to take part in more activity and 60% wanted to join local clubs to continue activity.

Older People

60 + Project / Golden Pass

A partnership project with Vale Healthy Living Team, Sport Wales and Public Health Wales creating a pilot in Barry area targeting those who are least active.

- 140 Barry residents aged 60+ engaged in process via referral or self-referral process.
- Key target of amount of time sitting reduced by 30 mins a day, amount of time walking increased by 10 mins a day and those reporting taking part in moderate activity increased
- Key target around well-being of participants feeling more optimistic moved from some of the time to often.
- 13 projects funded by Golden Fund to increase physical activity opportunities available in the local area to targeted age group.

Inclusion - Disability



Regional partnership working to deliver online physical activity sessions during lockdowns

115 primary age pupils attending Admiral Play Together Awareness training, giving them the knowledge to support their disabled peers in physical activity

Vale clubs encouraged to be part of the Insport programme to develop inclusive community opportunities

3 run leaders trained to assist visual impaired residents in accessing running opportunities

Social Based Activities

Social Running

New run leaders and coaches supported to create more social running opportunities resulting in two new run groups set up

Park Run

Junior Park Run supported with equipment to assist with developments post COVID. Cosmeston Park Run supported with equipment to start up.

Social Activities for Wider Benefits

Walking Netball

Walking netball re-established to engage those wanting to get more active in a low impact activity that also provided social activity. 100% of those taking part felt more confident to take part in other physical activity, 100% felt more motivated and healthier

**For further information contact the Healthy Living Team:
healthylivingteam@valeofglamorgan.gov.uk**

VALE SPORT & PHYSICAL ACTIVITY PLAN - 'CREATING A HEALTHIER VALE' ACTIVE YOUNG PEOPLE IMPACT



Developing opportunities, leadership and networks in the Vale to get more young people, more active, more often.



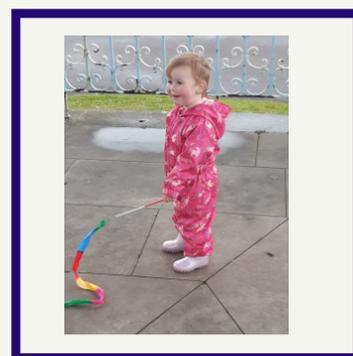
Impact of Active Young People Programme

74,510 participations in sport & physical activity through opportunities created through the Active Young people Programme working in partnership with over 180 partners.



Leadership and Training

98 organisations involved in 87 leadership & volunteer training opportunities involving 2206 training hours and 2183 volunteer hours committed by young people through the Active Young people Programme.



Best Start in Life

Nursery settings supporting communities in deprived areas supported with activity bags/resources developed to loan to families to support physical activity at home. Partnership working with Public Health Wales Dieticians team to encourage physical activity alongside nutrition for pre-schoolers.



Motivating Primary Children to Be Active & Develop Foundation Skills

2789 children took part in primary challenges including Daily Mile challenge, and challenges to develop fundamental Foundation skills to be active for life.



You asked..... we did.....

23 schools supported to develop new extra-curricular sports / physical activity clubs in response to pupil led consultation

As a result of consultation with young people, opportunities developed in partnership with local organisations in swimming, badminton, boxing, golf & skateboarding.



Targeting Inequalities

Projects including Active Education Beyond School Day, Welsh Government Summer of Fun/Winter of Wellbeing, Active Girls on the Move and Healthy at Home developed to target the least active families and residents.

VALE PLAY TEAM SUMMER OF FUN 2021

Our Summer of Fun 2021 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.

952

children registered for community play



154

hours of community play



1708

total community participations



304

children attending Community Playschemes



533

children attending Community Play Rangers



110

children attending Forest Fridays



22

different venues

77

community play sessions held



17

Playworkers

6

Sports Coaches



With thanks to:

Welsh Government
Vale Sports Development Team
Murchfield Community Centre
St Athan Community Centre
Palmerston Adult Learning Centre
Llandough & Leckwith War Memorial Institute

St Brides Major Sports Pavilion
Wick Sports Pavilion
Sully Sports and Social Club
Vale Family Information Service
The Index
Port Road Tesco

FEEDBACK ON OUR SUMMER OF FUN

I would like to say a big thank you to the whole team for providing the scheme. My 3 children absolutely loved their time at the sessions and the staff were always lovely and helpful, especially when my son was experiencing difficult days. I am a single parent with absolutely no childcare. The scheme helped me immensely.

Such a brilliant scheme for children during the summer break. It got them away from their screens and was a fun group activity after the long covid lockdowns.

You have excelled in your service to our kids this summer. Compared to relatives and friends who are in other counties the choice and the amount of activities you had on offer this summer was amazing. Whoever organised this summer needs a massive pat on the back. Well done vale of Glamorgan council and vale summer of fun. You have made it a special one after a tough year.

The leaders were awesome, professional yet friendly. They engaged my little lady with creative ideas and encouraged her to try new things.

What a difference compared to last year...not being able to do any of these things that we often took for granted! Children deserved every bit of this funding and these opportunities. Free and open to all children/families. Thank you!

TÎM CHWARAE'R FRO HAF O HWYL 2021

Gwnaed ein Haf o Hwyl 2021 yn bosibl drwy gyllid gan Lywodraeth Cymru. Cafwyd yr arian gan amrywiaeth o bartneriaid ledled y Fro, gyda'r nod o gynyddu cyfleoedd am ddim i blant a phobl ifanc, i helpu i gefnogi eu lles cymdeithasol, emosiynol, corfforol a meddyliol.

952

o blant wedi'u cofrestru ar gyfer chwarae yn y gymuned



154

awr o chwarae cymunedol



1708

cyfanswm y cyfranogiad cymunedol



304

o blant sy'n mynychu Cynlluniau Chwarae Cymunedol



533

o blant sy'n mynychu Ceidwaid Chwarae Cymunedol



110

o blant yn mynychu Dydd Gwener y Goedwig



22

o leoliadau gwahanol

77

o sesiynau chwarae cymunedol



17

Gweithiwr Chwarae

6

o Hyfforddwr Chwaraeon



Gyda diolch i:

Llywodraeth Cymru
Tîm Datblygu Chwaraeon y Fro
Canolfan Gymunedol Murchfield
Canolfan Gymunedol Sain Tathan
Canolfan Ddysgu Oedolion Palmerston
Sefydliad Coffa Rhyfel Llandochoau a Lecwydd

Pafiliwn Chwaraeon Saint-y-Brid
Pafiliwn Chwaraeon y Wig
Clwb Chwaraeon a Chymdeithasol Sili
Gwasanaeth Gwybodaeth i Deuluoedd y Fro
Y Mynegai
Tesco Port Road

ADBORTH AR EIN HAF O HWYL

“ Hoffwn ddiolch yn fawr i'r tîm cyfan am ddarparu'r cynllun. Roedd fy 3 phlentyn wrth eu boddau â'u hamser yn y sesiynau ac roedd y staff bob amser yn hyfryd ac yn gymwynasgar, yn enwedig pan oedd fy mab yn cael diwrnodau anodd. Rwy'n rhiant sengl heb unrhyw ofal plant o gwbl. Helpodd y cynllun fi'n aruthrol.

”

“ Cynllun mor wych i blant yn ystod gwyliau'r haf. Cafwyd nhw i ffwrdd o'u sgriniau ac roedd yn weithgaredd grŵp hwyliog ar ôl cyfnodau clo hir Covid.

”

Rydych wedi rhagori yn eich gwasanaeth i'n plant yr haf hwn. O'i gymharu â pherthnasau a ffrindiau sydd mewn siroedd eraill roedd y dewis a faint o weithgareddau a gynigwyd gennych yr haf hwn yn anhygoel. Mae angen cymeradwyaeth fawr ar bwy bynnag a drefnodd yr haf hwn. Da iawn haf o hwyl cyngor Bro Morgannwg. Rydych wedi'i wneud yn un arbennig ar ôl blwyddyn anodd.

“ Roedd yr arweinwyr yn anhygoel, yn broffesiynol ond yn gyfeillgar. Gwnaethon nhw ymgysylltu â'm ferch fach gyda syniadau creadigol a'i hannog i roi cynnig ar bethau newydd.

”

“ Am wahaniaeth o'i gym aru â'r llynedd... methu â gwneud unrhyw un o'r pethau hyn a gymerwyd yn ganiataol yn aml! Roedd y plnt yn haeddu pob rhan o'r cyllid hwn a'r cyfleoedd hyn. Am ddim ac yn agored i bob plentyn/teulu. Diolch!

”



CASE STUDY: ACTIVE & HEALTHY AT HOME

MAY 2022



PRODUCED BY:
RACHEL SHEPHERD
HEALTHY LIVING TEAM AT VALE OF
GLAMORGAN COUNCIL

BACKGROUND & AIMS

The Healthy Living Team (sports & physical activity) wanted to continue to build on work undertaken during COVID lockdowns to capture the motivations of residents who were becoming active within their home environments. At the same time, local research had indicated that residents living in deprivation and those with disabilities were generally less active. Therefore, in partnership with HAPI and Sport Cardiff, we developed the Active & Healthy at Home project.

This project looked to support residents of all ages who were least active, through provision of resource ideas and equipment to increase physical activity levels within the home environment, as well as support residents who struggled to access good food through provision of food boxes and recipe cards.

METHODOLOGY

A planning group was established consisting of representatives from HAPI (Newydd Housing Association wellbeing project), Sport Cardiff and Vale of Glamorgan Council Healthy Living Team. The objectives for the project were established and the targeted groups were identified. In this project, the sports development teams were responsible for developing physical activity packs and resources and HAPI were responsible for appropriate resources and goods for food boxes. Equipment was selected that would be easy to use at home and appropriate resources designed to give ideas on how equipment could be used. In terms of food boxes, food was selected that had a long shelf life and that recipients could replicate at a low cost.

A criteria for eligible applications was established through which applicants could apply via an online process. This was promoted to local organisations supporting residents in target groups, e.g Housing Associations, young carers, youth groups, older people support groups etc. Applicants had options to apply for either a physical activity bag / food box or both. During this process, a scoring formula was established to determine a fair and consistent means of ensuring the most appropriate residents received the packs. Applications were then scored based on specific criteria which had been identified as a barrier to residents becoming more active and / or residents highlighted if they would struggle for food during the summer holidays. Although an allocation had been identified for both sport / food boxes, applicants only received appropriate resources if they met a threshold score. This ensured that resources were targeted towards the intended recipients / those most in need.

Appropriate physical activity packs / food boxes were delivered to doorsteps of successful applicants prior to the summer holidays. For those households with young children, there were playpacks supplied via the Play Development team which were also delivered to families.

Recipients of packs were requested to complete a feedback form six weeks after receipt of packs (54 % response rate) and a further 6 months thereafter (31% response rate).

IMPACT

39 households received packs impacting on over 96 Vale residents

95% of households reported that the sports equipment and/or food boxes contributed to improvements in general health and well-being in their households

70% of recipients reported still using the sports equipment at least twice a week after 7 weeks and 58% of respondents reported to be still using equipment at least 2-3 times per week after 6 months

85% of recipients reported increased confidence to take part in more physical activity and this remained high at 75% after 6 months

90% of recipients reported increased motivation to be more active after 7 weeks and 76% reported significant or slightly more motivation after 6 months

95% reported increased physical activity levels after 7 weeks and 75% reported significant or slight change in activity levels after 6 months

Number of respondents reporting walking at moderate intensity for at least 30 mins on at least 3 occasions per week increased from 33% after 7 weeks to 50% after 6 months

Number of respondents reporting vigorous intensity activity for at least 20 mins on at least 3 occasions per week increased from 19% after 7 weeks to 25% after 6 months



ACTIVE AND HEALTHY AT HOME

This information leaflet provides you with some ideas of activities that can be undertaken with the equipment provided. All activities can be made easier or more difficult.

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

Plastic Tennis Bats Can you push the ball along the floor using the bat to a partner? Can you roll the ball around the racket or tap the ball up in the air as many times as you can or bounce it on the floor using the racket? Can you play tennis with a partner or hit the ball against a wall?	Hockey Sticks Can you push the ball along the floor using the stick to a partner? Can you push/roll the ball around cones? Can you pass it back and forth to a partner? Can you score a goal between two cones?	Cricket Bat Can you hold the bat with the bottom on the floor and strike a ball (bean bag)? Place two cones a distance apart a partner throws the ball to you - can you hit and run to the cone before your partner collects the ball and returns to the bowling spot? Can you score a goal between two cones?
Bean Bags Can you throw the bean bags into the hoop (move distances to make harder) and remember to try throwing with both hands. Can you use the bean bags to juggle?	Hula Hoop / Skipping Rope / Balloons Can you learn to hula hoop / skip? Can you crawl through the hula hoop or create an obstacle course? Can you use the balloons to throw and catch? Can you pass it between a partner without it touching the floor?	Playball Can you roll the ball along a straight line / or able it using your hands or feet through some cones? Starting with the ball/bearing in two hands in front of your stomach, can you pass the ball/bearing around your foot? Can you pass it around different body parts using just one hand?

More information:
You can adapt all the activities to ability

Follow the Vale Council Healthy Living Team on facebook or via website for lots more ideas.....
@valesportspack
@Vale Healthy Living Team
Website: bit.ly/2UdJg2oe



HEALTHY AND 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.

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

Resistance Band - Bicep Curl Sit on a chair with your back straight. Place one foot in the middle of the band and hold onto it at both ends. Bend your knee, then straighten it back out in front of you before returning to the starting position. Repeat with each leg ten times.	Resistance Band - Seated Calf Press Sit on a chair with your back straight. Place one foot in the middle of the band and hold onto each end. Extend one leg and point your toes towards the ceiling, then point your toes towards the ground. Return to starting position after ten times and repeat with other leg.	Skipping Skipping is fun but extremely effective. Gradually build up the time you are skipping for. Remember to watch out for hazards around you that the skipping rope may get caught in!	Flat Cones Balance is important as we get older. Can you place the cones on the floor or at a raised level around you, stand on one leg and pick up them up one at a time. Don't forget to try it on both legs!
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.	Badminton or Tennis Enjoy a game with a partner or practice your skills hitting shuttlecock or ball against wall or tapping it up and down on your racket.

Further Information:
Check out the Vale Healthy Living Page (resources) for more ideas to get more active: bit.ly/2UdJg2oe
Check out the Vale National Exercise Referral Programme youtube channel for Active at Home sessions or for live session follow their facebook..... @ValeNERS
Walking is a great and free way to get more active and there are lots of different routes within the Vale. Take a look at ideas for walking in the Vale on our web-site. If you do not have access to the internet contact Rachel Shephard (Senior Healthy Living Officer) on 01753 743449. For paper copies.

@valesportspack @valesportsteam @valehealthylivingteam

FEEDBACK

·The physical equipment has helped us to get outside more, learn new skills and further develop those we already had. My daughter and I have made up obstacle courses using the equipment, practised throwing and catching, skipping, hula hooping and learning about tennis and hockey.

·It was a lovely idea, when we were low on motivation and I couldn't afford to buy new equipment, it perked us up and got us out more. I found the whole thing a very kind and lovely gesture and we're grateful to have been accepted and offered the help.

·As a household we have spent much of our time post covid outbreak in shielding due to my disability. The pack has encourage my children 18 &21 to use the equipment outside in our garden.

·The pack has helped me be more active, with ideas and equipment I wouldn't have otherwise been able to afford.

It has provided me with new ideas for using items such as the resistance bands. It has highlighted the importance of keeping active even though I have some limitations

·The activity pack has been amazing - we foster children and so has provided a wealth of information and resources to get them active and enjoy activities together. The equipment was really useful as could be used both indoors and outdoors.

·We enjoy physical activity, but with the lock downs the motivation had left us. We used the tennis rackets and balls frequently and my teenage son now takes the equipment out with friends and has continued the use of the tennis rackets specifically.

·It has helped us become more active as a family and helped us just get out and playing.

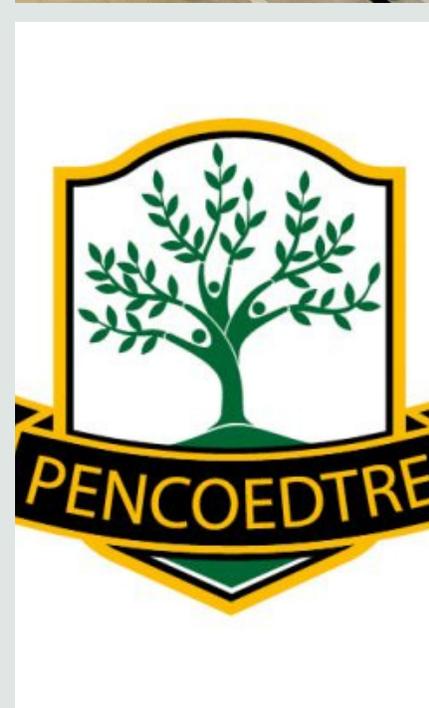
·It has been helpful and made me realise how much fun it is playing outdoor games again

Gives us everything on the bag and box which makes you plan healthier meal and more importantly the sports equipment made the kids want to get out and play even more

·Variety of equipment to encourage different sports

'CREATING A HEALTHIER VALE' CASE STUDY

ACTIVE EDUCATION BEYOND THE SCHOOL DAY



Background:

Active Education Beyond School Day has been part of a Sport Wales / Welsh Government pilot for schools to engage pupils past the 'traditional' school day in physical activity and using the school as a focus for community activity. The Healthy Living Team were successful in a funding application after working closely with Pencoedtre school who was identified as a 'pilot' due to its high number of pupils receiving free school meals and existing engagement with a wider engagement project which was also looking at provision of hot meal after school.

What Happened?

The project had two elements, namely extra-curricular activities immediately after school delivered by teachers and PE agency and community led activities post 5.00pm led by instructors from local community clubs which were identified in consultation with pupils. The Sports Development Team has worked closely with the school to organise and promote activities including skateboarding, taekwondo, tai chi, dance, Couch 2 5k, baseball and yoga. The pilot activities have proven to be invaluable to the pupils of the school. Pupils are engaged who do not usually engage with sport and physical activity and, as significant, the sessions are having an impact on other aspects of the lives of young people.

115 sessions
delivered by
external
community
clubs

At least 102
young people
accessed
activities

Sessions have
impacted on at
least 605
participations



Healthy Living Team

Facebook: @valesportsteam1

Twitter: @valesportsteam1



'CREATING A HEALTHIER VALE' CASE STUDY

ACTIVE EDUCATION BEYOND THE SCHOOL DAY

SO WHAT HAS BEEN THE REAL IMPACT? WHAT HAS IT REALLY MEANT TO THE PEOPLE TAKING PART?

The pupils attending the self-defence sessions are learning about self-defence but also learning life skills. The instructor talks to them about the consequences of their actions, how the decisions they make now will impact on them for the rest of their lives. And slowly but surely the message is sinking in. The behaviour in the sessions has improved dramatically with use of language and respecting the instructor. One lad commented how he had managed to control his anger and walked away from a situation during the school day - a situation that would normally have turned into a fight. He said he remembered what the instructor had told him and walked away! Having this impact on these children could make the difference between them succeeding or failing in life. Having the opportunity to make changes to behaviour is not an overnight fix. It is going to be a long process and maintaining the change through the continued attendance at these sessions is vital.

INSTRUCATORS COMMENTS: 'I have enjoyed the challenge of teaching the pupils, that they have choices, and decisions they make at certain times can have an effect on the rest of their lives. Avoiding conflict where possible and teaching them some de-escalating skills as well as simple self-defence breakaway techniques has given a lot of them more confidence'.

Have the pupils benefitted from the sessions? Instructor comments 'Yes 100%. The different sports and activities that have been introduced definitely help pupils who probably wouldn't get involved in traditional curriculum sports. I have a few of the class who have stopped swearing which was a constant when I started with them. A few have said they try and think about what they do rather than act on impulse and take their anger out on someone else or property. They need to understand what happens has many more consequences than they realise. Some have realised that they can be good at things that they didn't think they could ever do. I think the pilot has been a great idea'.

As a result of the engagement in these sessions by a core group of pupils, a community satellite club is being set up at the school for which pupils from 3 local secondary schools will feed into.

Tai chi has been delivered on a weekly basis covering relaxation techniques. One year 11 pupil indicated that she struggles to sleep due to the stress of the exams and the impact the pandemic has had on her school life. However, by coming regularly to the Tai chi sessions she has highlighted that she can use what she has learnt at the sessions to help her relax at night and get a good night sleep. She uses the breathing techniques and by getting a good night sleep can then concentrate fully when she is in school.

Instructor comments 'The students who have attended our Tai Chi sessions told me that they found it very relaxing and has given them a tool to help them sleep at night'.

A year 8 boy benefitted from learning the Tai Chi qigong exercises one session as he came into the studio like a bull in a China shop and by the end of the session he had been able to relax and had begun to create his own gentle and fluid movements with grace. This showed he had never taken time to be in tune with himself properly and he thought I was a magician when he realised, he could feel his life force energy'.

We have one young lad from year 10 who was totally disengaged with school. However, since attending the project and in particular the baseball/softball sessions he is like a different person. Before he had no communication or interaction with any other pupils or teachers, he would not engage in school lessons and did not engage in sport and physical activity. But since January he has participated in every baseball session which is on twice a week. His physicality has improved, and he has lost weight, and he now walks 5km on a regular basis. He is engaged with lessons and his newfound confidence is noticeable. The teachers are astounded at the difference in his attitude and confidence since he has been engaged with the pilot. Even the Executive Head commented what a difference he can see in him. He has not missed one session of the pilot.

Instructor comments on the impact of the sessions 'I believe the pupils are benefitting. Skills and confidence are increasing in a few of the students. I enjoy seeing smiles and seeing them continue to try to do better each time they play. In particular, I'm enjoying seeing 'Pupil 1' develop leadership skills, seeing 'Pupil 2' develop confidence and hitting skills and seeing 'Pupil 3' engage and communicate and develop pitching and leadership skills.



Golden Pass Review

Year 1 - Pilot Phase, Barry

Objectives & Focus

The Golden Pass scheme was designed to help Vale residents aged 60+ become more active in their day to day life. A variety of community activity has been made available so people have a wide choice of provision enabling them to find a session that suits their needs long term.

- **Main Objectives**

- Help people aged 60+ access sport and physical activity provision in the Barry area
- Use the principles of behaviour change to guide inactive people on a journey to becoming active on their own terms
- Improve the sport and physical activity provision available to the 60+ age group in Barry to meet demand

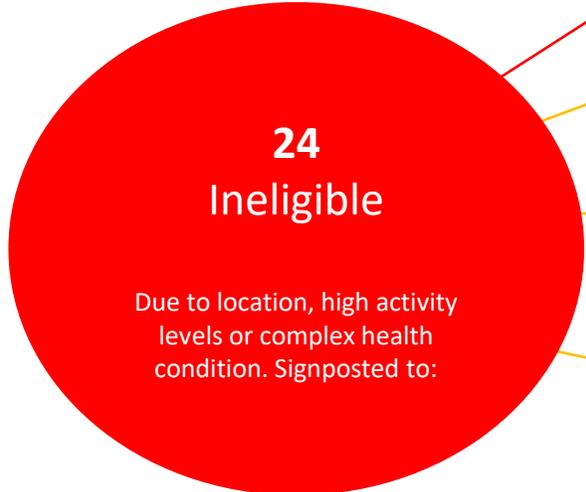
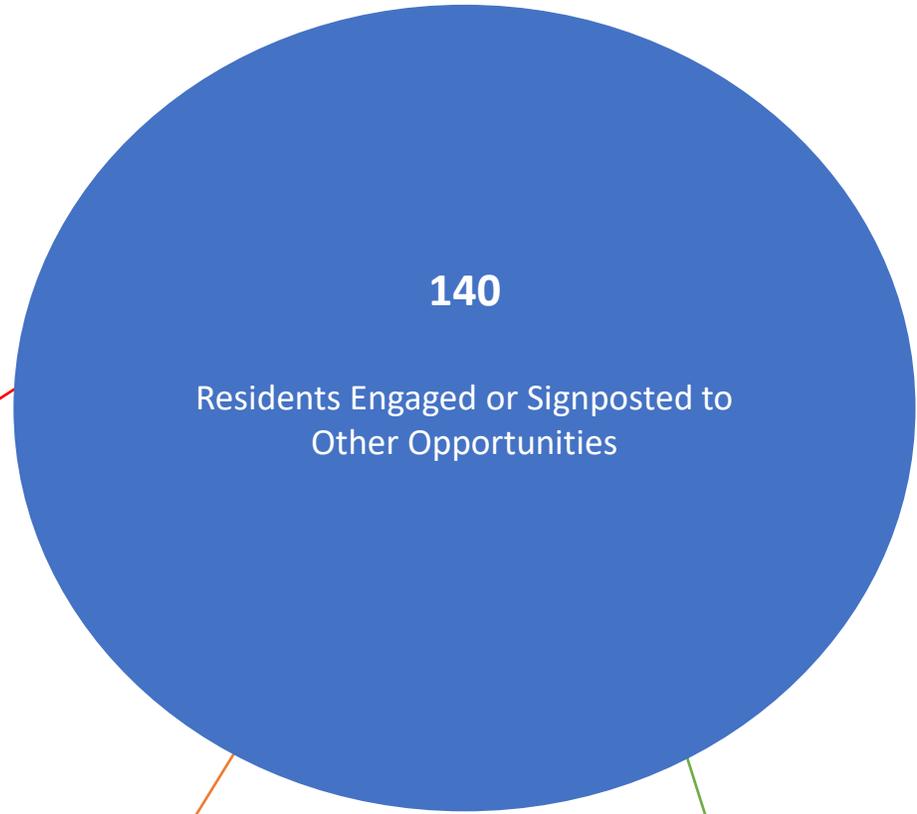
- **Eligibility Criteria – Participants must be....**

- Aged 60+
- Residents of Barry
- Active for less than 150 minutes per week
- Have no or low level health conditions

General Overview

- **Project Funders**
 - **Sport Wales** – 60+ Active Leisure Scheme as part of the Healthy Weight, Healthy Wales Strategy (2020 – 2022)
 - **Cardiff & Vale University Health Board** – Move More, Eat Well Plan as part of the Prevention & Early Years Programme (2020 – 2023)
- **Scheme Coordinators** – Vale of Glamorgan Council, Healthy Living Team
- **7 Referral Partners:** Age Connects, Action for Elders, National Exercise Referral Scheme, Newydd Housing, Race Equality First, Vale Homes, Wales & West Housing
 - Role – Promote opportunity to service users and provide support to access the scheme where needed
- **20 Activity Providers:** multiple partners offering activities ranging from Archery to Zumba
 - Role – Delivery of activities; direct support for participants; regular feedback on scheme
- **Pilot Phase Key Dates**
 - Launch – September 2021
 - Review Period – March 2022

Engagement



Demographics

Registered Participants

Occupation				
Retired	Full Time Employed	Part Time Employed	NEET	Other
76%	9%	9%	5%	1%

Age		
60 - 70	71 - 80	81+
79%	16%	5%

Gender	
80% Female	20% Male

Ethnicity
99% White British/White Welsh

Participants with at least one health condition
86%

Participant Baseline Activity Levels

Are your day to day activities limited?

No	Yes limited a little	Yes, limited a lot	Prefer not to say
60%	25%	10%	5%

Days of walking for at least 10 mins per day in last 7 days

0 - 2	3 - 5	6 - 7
29%	33%	38%

Days of moderate physical activity in last 7 days

0 - 2	3 - 5	6 - 7
53%	35%	12%

What is your physical activity confidence level?

Very Unconfident	Fairly Unconfident	Neither	Fairly Confident	Very Confident
9%	16%	24%	43%	8%

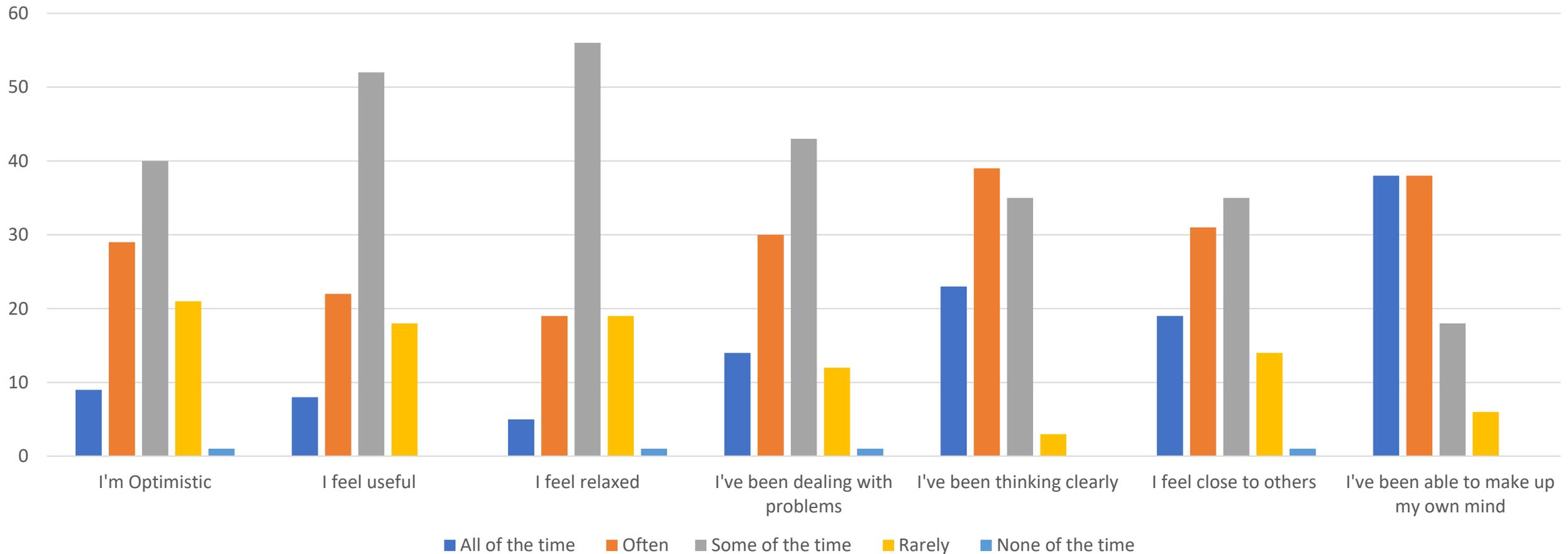
Hours spent sitting on average in last 7 days

1 - 5	6-11	11+
32%	46%	22%

Days of vigorous physical activity in last 7 days

0 - 2	3 - 5	6 - 7
92%	6%	2%

Baseline WEMWBS Measures - AVG %



Participant Locations



So What? Physical Activity Outcome Changes

Group average calculated from pre and post evaluation (8 week Golden Pass Intervention)

Sitting reduced by

**0.5
Hours**

Daily activities
limited

No Change

Physical Activity
Confidence
improved or
sustained in

80%
of participants

So What? Physical Activity Outcome Changes

Group average calculated from pre and post evaluation (8 week Golden Pass Intervention)

Walking 10 minutes
per day increased by

0.2
Days

Moderate physical
activity increased by

0.4
Days

Vigorous physical
activity increased by

0.4
Days

WEMWBS Changes

Key – Average change by at least one measure e.g. participant changed response from feeling Optimistic 'Some of the Time' to 'Often' etc. between pre and post intervention

Positive
Change

Negative
Change

Optimism

Usefulness

Relaxation

Dealing with
Problems

Thinking
Clearly

Feeling Close
to Others

Able to Make
Up Own Mind

Learning

Observations	Commentary & Actions
Almost all participants are White British/White Welsh	Work with Race Equality First to understand why service users and the wider Barry community haven't engaged with the Golden Pass
A high proportion of participants are female. Where males have signed up nearly 40% are married or in a relationship with a female participant	Continue offering supporter passes offering a friend/family member to attend sessions alongside Golden Pass participant. Design male campaign centred around walking football working with Duffers Utd and Legacy Leisure.
Early dependence on Referral Partners led to an slow uptake of registrations in 2021, only 8 registered through the referral pathway	Continue to work with Referral Partners to promote scheme but remove specific allocation of Passes. Service users have been engaged through other development work e.g. Newydd linked with seated exercise provider and used Golden Fund to run sessions for residents; Age Connects linked with Motion Control Dance to deliver Tai Chi sessions for clients. Keep Golden Fund open to offer targeted support where there is demand through partners.
<p>How did residents hear about the scheme?</p> <ol style="list-style-type: none"> 1. Social Media – 46% 2. Family & Friends – 30% 3. Activity Provider – 10% 4. Traditional Marketing – Newspaper, Poster, Leaflet – 8% 5. Council Staff – 6% 	Contrary to expectation, social media platforms (predominantly Facebook and Twitter) were the most prevalent way residents were made aware of the scheme. Continue to work with VOG communications team to promote the scheme but also explore traditional marketing methods to engage residents who may not use social media.
A broad spread of residents have been engaged including those in the top 5 WIMD areas located in Barry	Coordinate leaflet drop and place posters in local area to attract more people in the top 5 WIMD areas of Barry

“In your opinion, how would you improve physical activity and sport provision across the Vale and in your local community?”

Sample Responses from Golden Pass Participants upon Registration

- “Promote what’s on better. I suggest information could be included on Council Tax bills”
- “Offer free or cheaper provision to lonely people like myself with limited funds but in need to move more and see people on a more regular basis”
- “Better public transport to reduce dependency on cars”
- “I think there's already quite good provision. Perhaps a directory and regular updates of groups, clubs, organisations and trainers/tutors could be maintained (if there isn't one already) via the Council website. Maybe this scheme is a good start...”

Next Steps

- **Contact with Participants**

- Continue with evaluation plan and follow up in 16 weeks and 12 months post intervention
- Offer pedometer as reward for participants reaching 16 weeks of participation
- Signpost to other opportunities where appropriate via Golden Fund provision and other community activity
- Learn from participants who may not have used their Golden Pass yet, what needs to change?

- **Scheme Expansion**

- Plan and deliver new schemes using Cowbridge, Llantwit Major and Penarth as hub sites. Continuation of Barry project.
- Replicate Golden Pass idea but focus on different targets e.g. rural deprivation where necessary for the new area

- **Next Evaluation Period**

- September 2022 and when required by Sport Wales/Cardiff & Vale University Health Board