

Meeting of:	Healthy Living and Social Care Scrutiny Committee
Date of Meeting:	Tuesday, 06 February 2024
Relevant Scrutiny Committee:	Healthy Living and Social Care
Report Title:	Leisure Management Contract – Year 11 Performance Report
Purpose of Report:	To provide an update on the performance of the Leisure Management Contract.
Report Owner:	Miles Punter – Director of Environment and Housing
Responsible Officer:	Dave Knevett – Operational Manager Neighbourhood Services, Healthy Living and Commercial Opportunities
Elected Member and Officer Consultation:	Accountant Environment and Housing Legal - Committee Reports Operational Manager - Property Operational Manager – Accountancy Head of Human Resources and Organisational Development
Policy Framework:	This Report is a matter within the Policy Framework and Budget
<p>Executive Summary:</p> <ul style="list-style-type: none"> • This Report relates to the eleventh year of the leisure management contract (1st August 2022 to 31st July 2023) and the first of the agreed contract extension to 2030. • Legacy Leisure, the Council’s Leisure management contractor. is required to produce an annual report detailing performance, service improvements and any operating issues. This Report is presented to the Healthy Living and Social Care Scrutiny Committee to allow Committee to assess the performance of the Leisure Management Contract over the past 12 months. • The Report highlights a number of successes over the past year as the service has bounced back from Covid. These include a significant increase in usage compared to last year, the refurbishment of key facilities within the Leisure Centres and the implementation of the new Active Communities Strategy. • The Report also details further actions that have been taken in response to the work undertaken by Audit Wales on the Sustainable Development Principle in their review of Outsourced Leisure Provision in November 2020. 	

Recommendations

1. That Committee consider the performance of the Legacy Leisure Contract for Year 11 (August 2022 to July 2023).
2. That a year 12 performance report for the Leisure management contract be presented to Scrutiny in late 2024.

Reasons for Recommendations

1. To consider the performance of the contractor during this period.
2. To keep Scrutiny informed of progress on the Leisure Management Contract and give them the opportunity to comment.

1. Background

- 1.1 Committee will be aware that the Council's Leisure Management Contract was awarded to Parkwood Community Leisure and commenced on 1st August 2012 for a period of ten years with the potential for a further 5 year extension. Due to Covid restrictions and the overall performance of the contract the period of the extension has now been extended until 2030. The award of the original contract in 2012 followed an extensive procurement process and set out to significantly reduce the revenue cost to the Council of its Leisure Centre operation. The contract was subsequently sub-contracted to Legacy Leisure, a not for profit charitable organisation, in October 2014 and this provided the opportunity for further savings to be made. The contract extension was agreed in 2022 that will now see the contract end in 2030. The extension period beyond the 5 years set out in the original contract recognised the period of difficulty with covid restrictions etc and was permitted following legal advice.
- 1.2 The contract is the only Leisure Management contract with the potential to provide a revenue income to a local authority in Wales.
- 1.3 As part of the contract arrangements, Legacy Leisure have a requirement to provide an Annual Report to the Council for its consideration.
- 1.4 Audit Wales undertook a review of the Council's Out-sourced Leisure Services and a report was published in November 2020. The report challenged the Council to assure itself that the contract is still providing value for money and strengthen its application of the Sustainable Development Principle as part of extending the contract.
- 1.5 Whilst officers have been able to demonstrate that the contract provides value for money by undertaking a comparative exercise against all other Councils in Wales, further work was acknowledged to be required to strengthen the application of the Sustainable Development Principle. However, Audit Wales raised concerns that this was not fully addressed in the extension of the contract. Subsequently the Council has committed to working with Parkwood / Legacy Leisure on these challenges and work has been on-going in this respect. This

Report sets out some the progress made to date alongside the annual report from Legacy.

2. Key Issues for Consideration

- 2.1** Attached at Appendix 'A' is the Year 11 (1st August 2022 – 31st July 2023) annual report from Legacy Leisure.
- 2.2** The annual report highlights that the service hosted 741,551 paying visits that demonstrates that the service is return to pre-covid levels of usage following 406,353 paying customer visits in the previous year. In addition, the Report details that the Centres now have 5,575 fitness members paying a monthly fee compared with just over 4,000 fitness members in 2021/22. Over 2,500 people, mainly children, are now attending regular swimming lessons and there were 102,658 attendances at a fitness class during the year compared to approximately 62,000 in 2021/22. In marketing terms there was a total reach of 3,369,998 via channels including Instagram and Facebook.
- 2.3** Other achievements included the refurbishment of the gyms in partnership with the Council at all four major sites, the implementation of the Active Communities Strategy, new hi-tech spin studios at Barry and Penarth and the implementation of a new energy management plan.
- 2.4** One area that Legacy has acknowledged as continuing to be challenging has been retaining and recruiting staff, particularly for management roles. There appears to be a combination of reasons for this including the effects of the pandemic, the furloughing of staff reducing income, opportunities to develop careers with the skills gained working in the Leisure Centres and staff not wishing to work traditional shifts associated with the leisure industry. Legacy Leisure have implemented several measures to counteract this with increased pay awards, implementation of a new Human Resource software system that allows staff to view and request a variety of services, employee of the month awards, additional training opportunities and other benefits.
- 2.5** A set of actions was also agreed with Parkwood that formed a key part of the discussions in the extension of the contract until 2030. These were designed to ensure that the Sustainable Development Principle could be demonstrated as highlighted in the Audit Wales report from 2020. Primarily these build upon the information reported to Scrutiny previously and relate to:
 - Further specific areas of collaborative working between Council departments and Parkwood Leisure. These will include exploring closer synergies between the Council's Sports Development Service and our leisure centres. The Summer activities programme and the development of the outdoor area at Barry Leisure Centre are practical examples of this is in action.
 - Increasing the involvement of service users in shaping the Council and Parkwood Leisure's 'offer' in the leisure centres and our wider leisure work. Work in this arena has already commenced, with the Public Service Board's survey of over 1,000 residents and other Council consultation activities being used to identify areas of opportunity for further collaboration.

- Parkwood Leisure’s impact and involvement on the Cardiff and Vale Move More, Eat Well Plan. This Plan was developed by the Cardiff and Vale Regional Partnership Board and the two Public Services Boards and is led by colleagues in public health.
 - Reviewing the approach to reporting on performance, to reflect the contribution to the well-being objectives and the five ways of working.
 - Development of additional outreach work in the Community. A new role has been created and appointed by Parkwood to specifically champion this aspect of work.
- 2.6** Progress has been made on all the above agreed actions with the implementation of the Active Communities Strategy being one of the most significant developments. A copy of the Active Community Strategy is attached at Appendix B.
- 2.7** In addition, Committee will also be aware that the recent Sport and Play annual report, presented to this Committee on 9th October, 2023 (minute 419 refers) that was subsequently referred to Cabinet, contained details of many initiatives that have a significant impact on local communities and directly impact on many of the issues raised in the original Welsh Audit Report. The same is also true of many events organised either directly or in partnership by the department.
- 2.8** As in previous years a representative from Legacy Leisure will be at the Committee Meeting and there will be an opportunity for members to ask questions. Parkwood have also requested to deliver a short presentation to the Committee demonstrating their commitment to working collaboratively with the Council.

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

- 3.1** The long-term future of the Leisure Centre is being safeguarded by both the extended contract and the continuing upgrading works.
- 3.2** The Leisure Centres make a significant contribution the Council’s well -being objectives and further investment will provide new opportunities for residents to take up new physical activities. Remaining fit and healthy is the best prevention known for residents to enjoy healthy lives and the partnership with Legacy Leisure demonstrates the Council’s commitment to long term health objectives for its residents and visitors.
- 3.3** Leisure Centres link with health services with services such as the GP referral scheme and provide a base for many Sports Clubs to offer opportunities to residents for both competitive sport and well-being activities.

The leisure management contract is a good example of a collaboration project within the Council demonstrating how an external ‘not for profit’ organisation, Legacy Leisure, and the Council can work together to provide quality services.

- 3.4** Legacy Leisure regularly consults with customers about future requirements and many of the initiatives presently offered at the sites are as a direct result of this.

4. Climate Change and Nature Implications

- 4.1** As part of the refurbishments currently on-going that were agreed as part of the contract extension any new equipment being installed is more energy efficient than the equipment it is replacing. Further opportunities are also being investigated to reduce the energy costs in the centres.

5. Resources and Legal Considerations

Financial

- 5.1** There are no direct financial implications associated with this report. A financial comparison exercise was completed during early 2023 that again demonstrated that the contract was delivering the best value of any known similar contract or management arrangement for the management of Leisure Centres in Wales.

Employment

- 5.2** There are no direct employment implications associated with this Report.

Legal (Including Equalities)

- 5.3** There are no specific legal implications associated with this Report.

6. Background Papers

None.

LEGACY LEISURE
PERFORMANCE MONITORING REPORT
CONTRACT YEAR 11
1ST AUGUST 2022 TO 31 JULY 2023
for the
Vale of Glamorgan Council
Leisure Facility Management Contract

NIC BEGGS - CONTRACT MANAGER, LEGACY LEISURE



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Circulated To

Legacy Leisure

Glen Hall, Managing Director

Alex Godfrey, Operations Director

Colleen Tumelty, Regional Director

Darren Parrott, Assistant Regional Director

Mike Price, H&S Manager

Hywel Evans, Aquatic Manager

Michelle Daniell - Active Communities Manager

Vale Centre Managers

Vale of Glamorgan Council

David Knevett, Operational Strategic
Leisure Service Manager

Karen Davies, Principle Health Living
Officer

Paul Cook, Building Surveyor

Ian Tomkinson, Property Services

Miles Punter, Director of Environment
& Housing Services

Emma Reed, Head of Neighbourhood
Services

Executive Summary

The Vale of Glamorgan Council's leisure facility provision has been operated under contract to Parkwood Community Leisure since August 2012. The contract was subcontracted to Legacy Leisure in April 2015. The contract was successfully extended in July 2022 for a further seven years and five months ending on 31st December 2029. This report details performance in year 11.

This year we saw strong growth in usage across our centres and this was aided by refurbishment of the four gyms across the estate.

Key Successes

- Patronage exceeded pre covid levels for the first time since the pandemic.
- Our Learn to Swim Program grew 15% year on year.
- Gym Membership grew by 36% year on year.
- Four gyms were refurbished in partnership with the council and two new spin studios we upgraded.



Barry 1st floor Gym









Concerns

- Centres are ageing and despite continued investment in the past and plans for the future there is still a significant challenge to maintain standards and meet the expectations of users’.
- Utilities - although unit prices have come down they are still twice what they were and this adds significant pressure on operations.
- Costs - suppliers, stock and staffing costs have all increased considerably putting pressure on centre operational costs.
- Cost of Living - leisure is a non statutory service and is paid from customers' disposal income which is under significant pressure.
- Legacy Leisure have been unable to mitigate all these cost pressures through price increases.



Cowbridge dryside changing area

3. Key Statistics

	741,551 Total Visits
	5,575 Fitness Members (per month)
	2,502 Swimming Lesson Customers (per week)
	102,658 Fitness Classes attendees
	172 Minor accidents and No RIDDOR
	741,671 Website page views
	4,885 Total Gym Sales
	3,369,998 Total Reach (Instagram & Facebook)

4. Financials

Operating over this period was challenging as the leisure industry and this contract continued its post pandemic recovery. Financial support from the Vale of Glamorgan finished in December 2022. A small surplus was made during this period and this supported the reinvestment in the centre in early 2023.

4.1 Pricing review was completed and implemented on the 1st January 2023. Membership structures were simplified and online joining was introduced to all customers for gym and our Learn to swim program. Average price increase was 4.5% with inflation at that moment at 10.7%. Details can be found on **appendix 9**.

4.2 Income Concerns

- Children's activities have still not met the income expected and usage is down year on year.
- Colcot has seen a decline in usage and income, this is down to new facilities being developed in the local catchment area.
- Casual Swim has also seen decline.

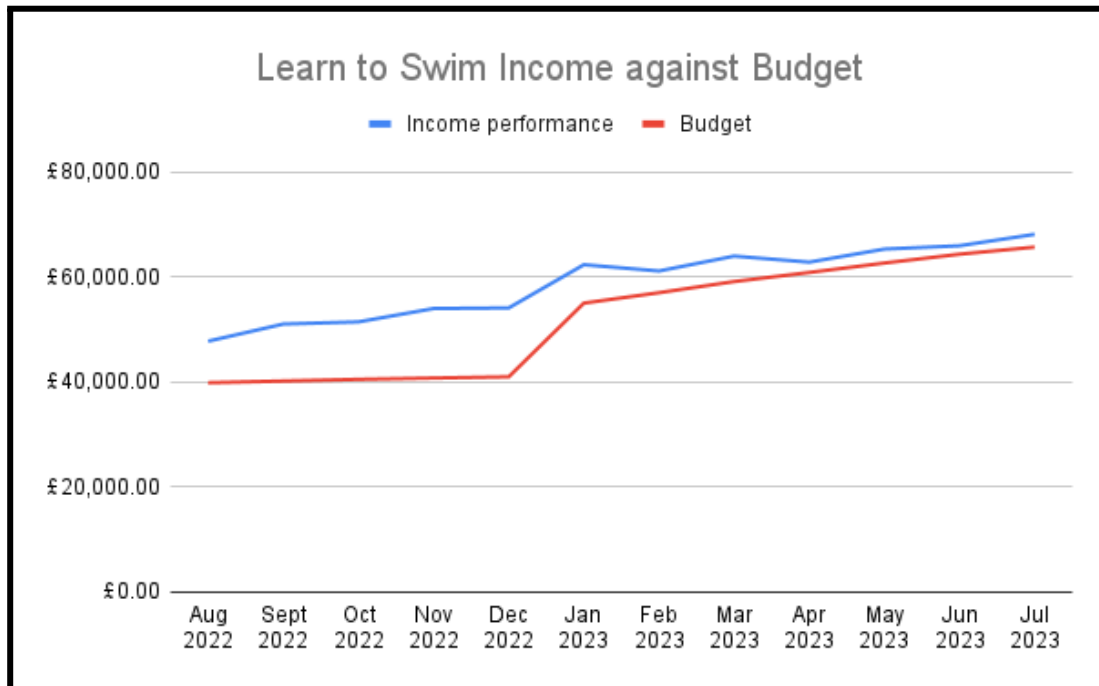


4.3 Income performers

- Post Pandemic recovery continued during this year and a healthy income growth was seen against the previous year. Income grew by 31% year on year, £906,207.

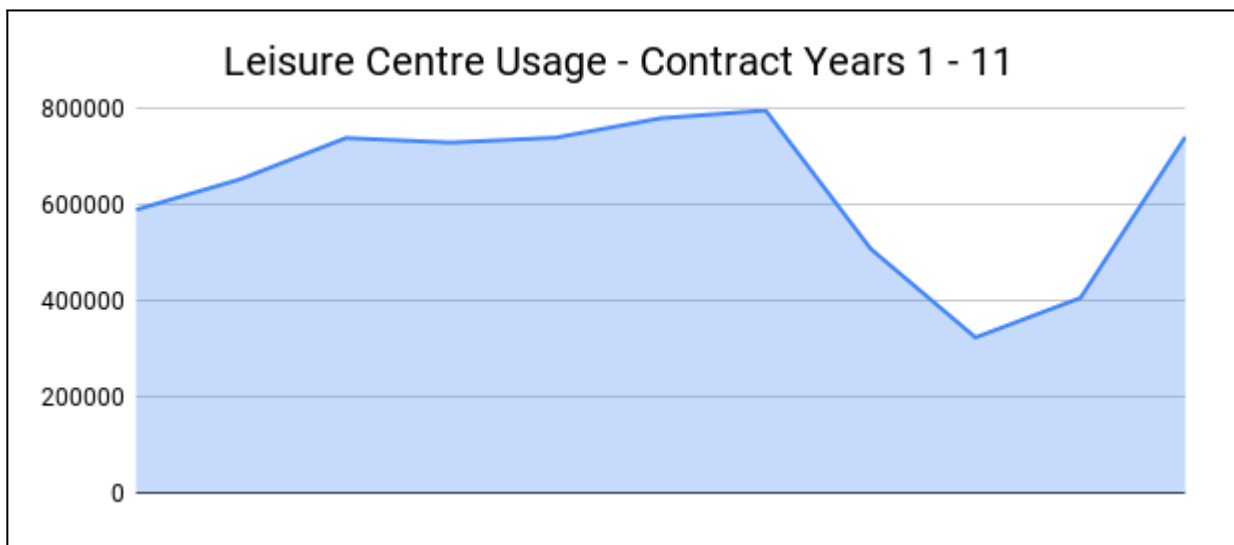
- The Learn to Swim program grew from 2152 to 2529 this year across the county. This was broadly in line with expectations.

Gym Membership exceeded pre pandemic levels for the first time and saw strong growth from 4096 to 5575 members.



5. Participation & Programming

The table below shows the total visitors over the 11 years of the contract. A comparison between the previous years of the contract, this reflects a huge 83% increase year on year. This takes us back to levels seen pre pandemic and we would hope these improvements to continue into year 12 of the contract due to the investment in gyms, the additional programming and work already completed by our new Active Communities Manager. Our vision is to achieve over 1 million visitors in this cycle of the contract extension.



Total visitors in this contract year, 741,551. More detailed site participation is available by referring to **appendix I**

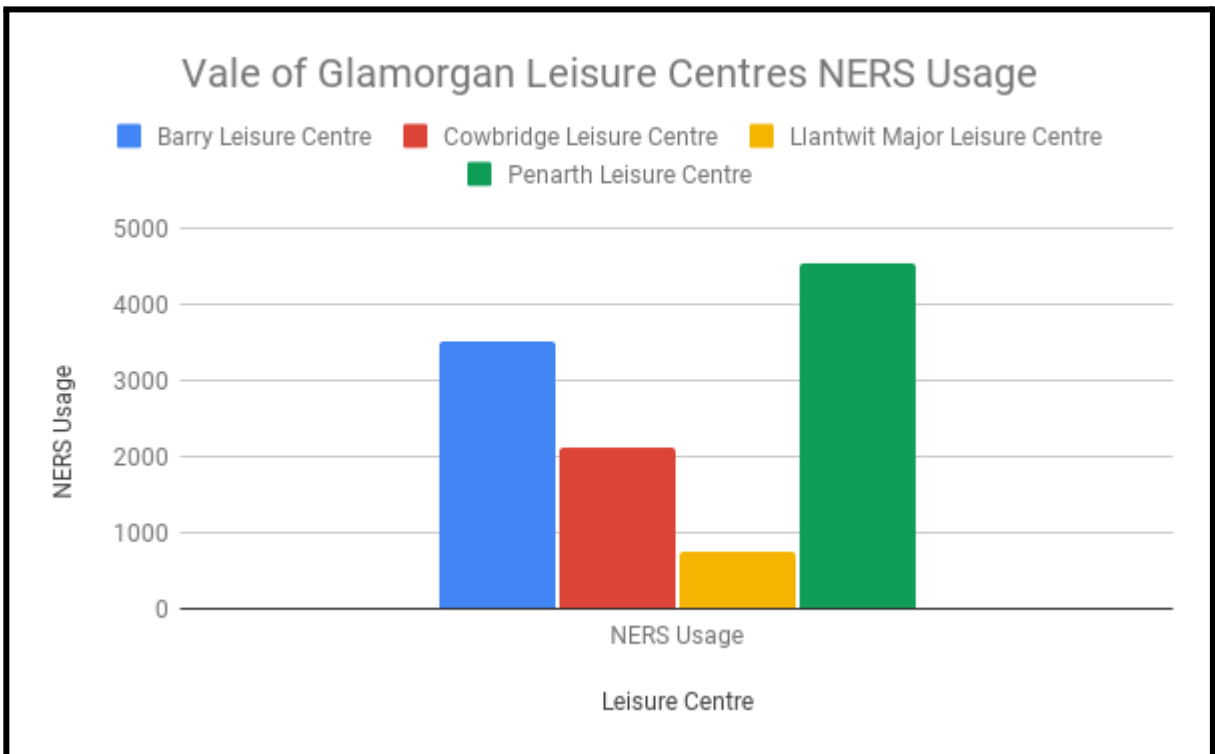
5.1 Swimming lessons – Year on year growth has been very healthy with almost 400 additional learners on the program. We have appointed a new Swim Manager across the contract to manage further growth in year 12.

- Software is used now to manage our swim program and this has allowed us to add improved features for our customers. Parents can now track their children's progress from the comfort of their sofa on the Home Portal platform. They can move their lesson within the program and join online themselves now, although we still like to talk to them and help!
- Staff Development – We have qualified a further 15 staff on Combined Level 1 & Level 2 courses to support the current expansion.

- Legacy Leisure’s partnership with Swim Wales has been strengthened and we are now one of the first leisure operators in Wales to achieve the governing bodies official accreditation.

5.2 National Exercise Referral Scheme (NERS)

In the Vale of Glamorgan it is estimated that 30% of the population live with long term health conditions. The NERS scheme restarted slowly post pandemic due to the groups being far higher risk. Since August 2022 we have seen 10,946 referral visits, which is over twice the amount seen in the previous year (4,267). Below is a table with the breakdown of this activity by site:



6. Vale Active Communities

A new Active Communities Manager was funded by Legacy Leisure & Vale council partnership. The role was appointed in September 2022. The aim of this role was to impact the community by increasing participation and well being. A new five year Active Communities Strategy was finalised to achieve improved social value in the community, this was shared with our council partners.

We are pleased to report the role has already had a huge impact on the contracts ability to drive new programming, introducing new schemes and targeting new groups within the Vale. Examples of this are the introduction of Pickleball across several sites and the Goodboost program launching in May 2023 (Case studies are available, **appendix 10**).

Walking football & Netball were started and Children's Sports camps were also introduced in May half term. More detail on all the additional programming and a summary of the attendance can be found in **Appendix 10**.

The Promising Athletes Programme continues to thrive, this is a program supported by the partnership to offer free membership to elite athletes, giving them the best opportunities to succeed. Uptake has been strong and we are currently fully subscribed, supporting over 22 athletes from a very varied background. Snooker, ice skating and basketball!

We continue to offer the 'Free Swim Initiative' and during the year, revamping the program to offer more times and days for customers to access this scheme. We also continue to offer membership for free to all armed service men and women. The Armed force free swim is also available to all veterans of the services.

7. Marketing and PR

Following the investment in our gyms and new spin studios the majority of our focus has been on promoting gym membership. We have also introduced a new referral campaign for existing members. Copy of our annual marketing strategy can be referred to in **appendix 15**. The leisurecentre.com App allows members and non members to book and confirm most of our activities from fitness classes to swimming.

Bilingual services (signage, promotional literature, social media, phone and email communications) continue to be offered, for an example please reference **Appendix 4**.

- 7.1** Social media was a key focus over the year. Facebook & Instagram were seen as the two key platforms to manage our messaging. Details of site performance can be viewed in **appendix 5**. Engagement and reach have seen a 25.6% increase year on year.

7.2 Our **website** leisurecentre.com has seen a refresh following a photoshoot and new video creation. Our site continues to see a large increase in use year on year with over 136,715 additional customers visiting the Vale sites from the previous year. Site statistical breakdown can be seen in **appendix 5**.

7.3 Future Marketing plans - Key priorities moving forward:

- Open weekends for sites in early 2024 will allow customers to use the centre for free, experiencing the gym, pool or one of our fitness classes.
- Swim assessment days to encourage first time learners to get in the water and try.
- Gym membership and Learn to Swim marketing campaigns will continue to promote these two important drivers at site
- Penarth roof project - Strong communications to staff and customers will be needed through the project phases.

8.0 Asset & Environmental Management

Sites have seen significant improvements in year 11 but it is worth still recognising that all five centres are ageing and still require significant investment to continue the good work already done. Projects that require capital support have been identified and discussed across the partnership and there is opportunity for further collaboration for the future to secure funding support.

8.1 Asset Management - We are pleased to report that large capital improvements continued at the majority of site over this year despite the challenging external environment, these projects are listed below:

- The Vale of Glamorgan Council funded gym refurbishments at Barry, Llantwit, Penarth and Cowbridge supported by the Parkwood project team. New Life fitness equipment was purchased to support this improvement by Legacy Leisure.
- New Spin studios we created at Barry and Penarth again funded by council capital

- Legacy Leisure modernised the telephones to a VoIP system, future proofing phone system to internet base structure.

Other projects funded by the council in partnership with Legacy are:

- Replacement roof at Penarth - underway
- Lift refurbishment in Cowbridge - underway
- Future plans confirmed and progressing are:
 - New Boilers at Llantwit (now complete) and Cowbridge
 - New Sports Hall floor and supporting equipment in Colcot
 - New dry and wet changing rooms at Llantwit

All planned preventative maintenance was completed in this year and all necessary remedial works were carried out. Strong relationships with the key council officers & Legacy has meant we have been able to maximise resources in the partnership, improve the customer experience and minimise disruption where possible.

All our display energy certificates are on view at sites, these scores have marginally increased due to our return to full operation (refer to **appendix 6** for the scores).

8.2 Environmental Management - We now have established an Energy management plan to track, progress a reduction in energy consumption (year 11 usage of gas and electricity can be referenced in **appendix 6**). Consumption has increased year on year, this is mainly associated with the re-opening of the health suites at Penarth and Cowbridge. We have also seen our Combined Heat and Power unit at Penarth off line for large periods. This unit allows the centre to create electricity and helps reduce our consumption and utility bills, reducing the dependence on the council for support.

8.3 Energy Management projects committed to in this period to reduce consumption include by Legacy Leisure:

- New Pool cover at Penarth
- New Pool Cover in Llantwit
- Extra lagging introduced in all plant rooms

Future investment that could be considered by the partnership:

- LED Lighting installed in Colcot Sports Hall will reduce electricity consumption and our carbon footprint.
- Introducing solar panels on Penarth roof while the current project is underway would again help reduce electricity consumption from the grid.
- New pumps and heat exchangers at Penarth would introduce more efficient equipment reducing energy consumption.

9 Quality Management & Customer Care

9.1

Throughout the year we regularly gather feedback from our customers via our 'atreemo' system. We have recorded 3766 pieces of customer feedback, 117 complaints, 87 compliments and the balance are suggestions or enquiries about our services. A mixed range of feedback with no major trends. Our team seems to be the main source of compliments which is nice to see. Site and month breakdown are referenced in **Appendix 3**.

9.2 Net Promoter score surveys were introduced into the contract in early 2023. An NPS score is a customer feedback grade which allows industries to track and improve customer satisfaction. These details can be reviewed below:

Net Promoter Scores

Leisure Centre Name	Detractors	Passives	Promoters	NPS
Barry	32	48	51	15
Penarth	20	37	54	31
Cowbridge	2	12	10	33
Llantwit Major	5	6	20	48

Company Average: 29

I am pleased to report that three of our four sites are tracking above the company average but clearly work to be done in Barry to improve the overall customer experience. These scores are ongoing and we encourage constant feedback from customers to gauge service standards.

- 9.3** Although we have now automated a large amount of our service to customers, calling us still remains important. Aligned to our increase in visitors we have also seen a large increase in call levels. Call statistics from January to July 2023 can be viewed in **Appendix 12**. In year 10 we answered 47,975 calls and only lost only 5.7%. In year 11 we answered 49,019 but lost 15.1%. We are currently introducing a new phone structure to support the team in improving on pick up rates moving forward.
- 9.4** Opening times have been extended over this year with the reopening of health suites and the extension of swim lane times at Barry. The opening times referenced in **Appendix 13** continue to exceed the contractual minimums.

10. Health & Safety

10.1 All accidents are reported through the PRIME system. A summary of the nature of the injuries for this reporting period can be found in **appendix 8**. During this reporting period there have seen a total of 172 accidents (131 in year 10) which represent 0.02% of total footfall. This was a volume increase but not a percentage increase against footfall. The national average is 0.10%. Barry Leisure centre saw the highest amount of accidents, common thread was skin cuts in the pool area due to ageing tile grouting. There were no Riddors reported in this period.

10.2 The Leisure Centres are subject to a bi-annual rolling programme of internal Health and Safety audits, completed in March and September of each year. The latest audit scores complete in March 2023 are as follows:

- Barry Leisure Centre = 86%
- Colcot Sports Centre = 79%
- Cowbridge Leisure Centre = 91%
- Llantwit Major Leisure Centre = 88%
- Penarth Leisure Centre = 88%

All health & Safety audits are available for inspection by the client officer upon request.

10.3 Legacy Leisure confirms that it has management systems in place to monitor and ensure all elements of statutory compliance. The Vale of Glamorgan Council continued its own independent checks of statutory compliance items during this year.

10.4 We can confirm that NOP's (Normal operating procedures), Emergency action plans (EAP's), comprehensive risk assessments and contractor's H&S policy are all up to date and in place across all sites in the Vale. These documents can be made available on request.

11 Human Resources

- 11.1** Year 10 to 11 has seen an increase in staff numbers across the contract as business levels have improved. We have 216 current staff ranging from casual to part time and full time. We continue to see the large majority of the staff coming from Barry and Penarth areas and 98% from the Vale of Glamorgan or Cardiff region. The leisure industry still continues to attract a younger age group of employees with over 70% under the age of 25. A full breakdown of age range, gender, locations and region can be found in **appendix 11**.
- 11.2** We have seen the introduction of PeopleXD, a software system that supports the business and its staff. Staff are now able to view salary information on this platform, submit annual leave and complete mandatory safety training which complements their local induction at site. Training compliance by site can be viewed in **appendix 14**.
- 11.3** Employee of the month at each site has continued and a quarter reward has also now been introduced, this recognises strong performers in the business and illustrates good practice
- 11.4** I am also pleased to report a new partnership with Portal Training, a leading training provider in Wales. This will offer the opportunity for the team to develop in their current roles. The first cohorts of learners will start soon.
- 11.5** Lifeguards and Swim instructors will prove to be challenging to recruit and so Legacy has started a volunteering scheme allowing new candidates to taste the experience of these key roles before we then pay for them to be upskilled. This year we have qualified 15 new Swimming instructors and over 12 lifeguards.
- 11.6** During year 11 we also saw a new contract manager (Nic Beggs) and centre managers changing in the Vale, with a fresh and enthusiastic new management team coming in to boost performance and standards.
- 11.7** Our staff continue to DBS checked for key roles and safeguarding training is completed with all staff as part of their induction. Senior managers have also completed additional training and further online training through the NSPCC. One referral has been made to social services.

Appendices

Appendix I: Patronage

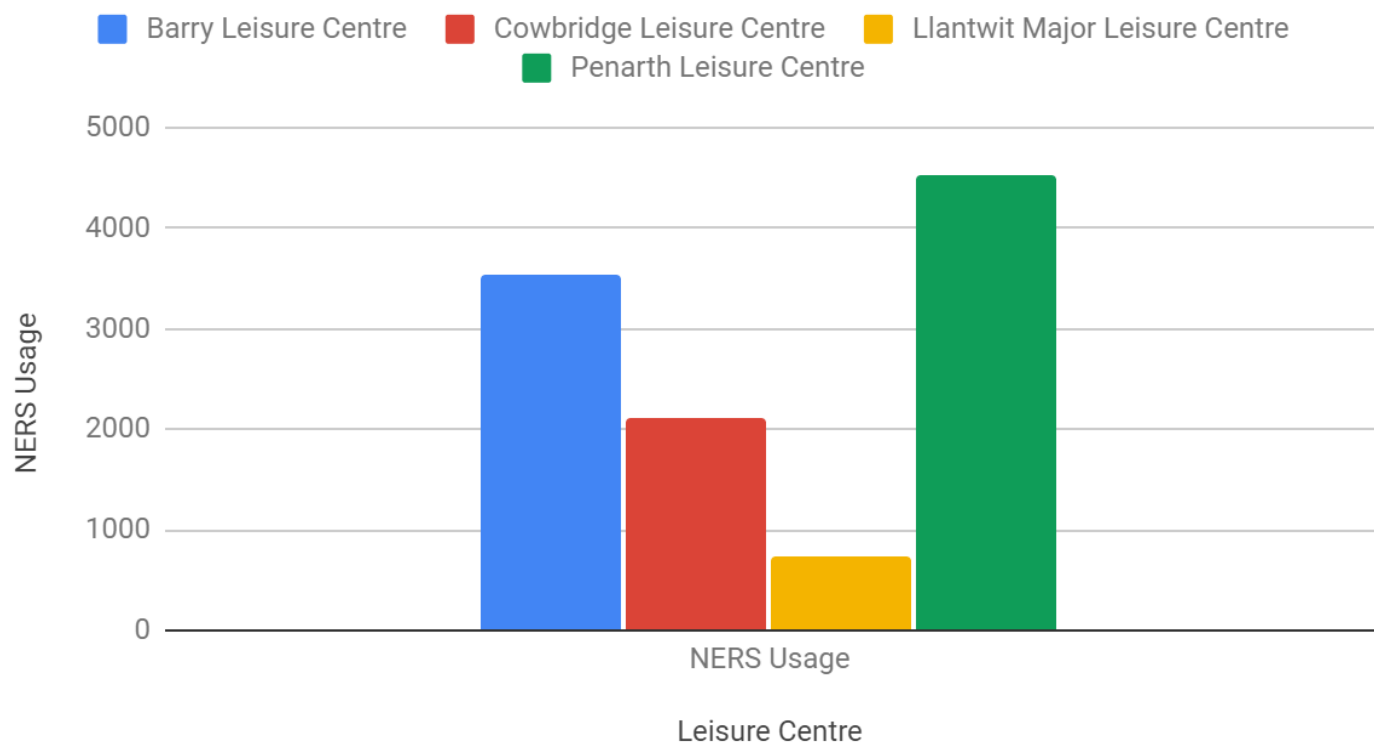
Leisure Centre Name	Month	July	Year	2023	Month	August	Year	2022	Month	September	Year	2022
	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total
Barry Leisure Centre	25216	2198	0	27414	22285	1191	0	23476	19877	2194	0	22071
Colcot Sports Centre	112	1994	0	2106	0	867	0	867	11	1309	0	1320
Cowbridge Leisure Centre	3789	924	450	5163	3406	806	0	4212	3645	710	130	4485
Llantwit Major Leisure Centre	5971	908	200	7079	5294	405	100	5799	4701	335	0	5036
Penarth Leisure Centre	20522	4113	1070	25705	18380	1350	176	19906	15766	2923	170	18859
Leisure Centre Name	Month	October	Year	2022	Month	November	Year	2022	Month	December	Year	2022
	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total
Barry Leisure Centre	20787	2554	88	23429	19398	2782	19	22199	16368	1200	15	17583
Colcot Sports Centre	11	4155	40	4206	57	4265	80	4402	34	2902	0	2936
Cowbridge Leisure Centre	3755	746	0	4501	3464	746	0	4210	2901	786	0	3687
Llantwit Major Leisure Centre	5138	435	0	5573	5440	435	0	5875	4417	435	0	4852
Penarth Leisure Centre	17083	3356	1655	22094	17418	3695	845	21958	13726	3414	27	17167
Leisure Centre Name	Month	January	Year	2023	Month	February	Year	2023	Month	March	Year	2023
	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total
Barry Leisure Centre	24,195	3423	0	27,618	22601	3575	0	26176	27484	3364	20	30868
Colcot Sports Centre	44	3872	0	3916	66	4247	0	4313	44	5027	60	5131
Cowbridge Leisure Centre	4,754	1411	0	6,165	4201	1399	150	5750	5393	1399	0	6792

Annual Performance Monitoring
 Report Vale of Glamorgan Council

Llantwit Major Leisure Centre	6007	483	0	6490	5593	483	150	6226	6419	483	150	7052
Penarth Leisure Centre	19583	2916	700	23199	18456	4122	500	23078	20686	4724	255	25665
Leisure Centre Name	Month	April	Year	2023	Month	May	Year	2023	Month	June	Year	2023
	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total	Patronage	Block Booking	Special Event	Month Total
Barry Leisure Centre	24360	2549	30	26939	25566	2700	0	28266	25975	4508	0	30483
Colcot Sports Centre	90	1785	0	1875	22	1498	150	1670	78	2104	0	2182
Cowbridge Leisure Centre	3574	1399	200	5173	4227	981	0	5208	4050	960	300	5310
Llantwit Major Leisure Centre	5637	523	0	6160	5420	433	0	5853	5279	465	0	5744
Penarth Leisure Centre	19439	2968	850	23257	19393	3679	954	24026	18651	3676	469	22796

Appendix 2 - NERS Usage over Year 11

Vale of Glamorgan Leisure Centres NERS Usage



Appendix 3 - Enquiries to site

Summary													
Centre	Aug 22	Sept 22	Oct 22	Nov 22	Dec 22	Jan 23	Feb 23	March 23	April 23	May 23	June 23	July 23	Total per site
Barry Leisure Centre	128	125	144	125	102	231	130	150	100	148	149	185	1717
Cowbridge Leisure Centre	13	9	19	18	19	31	17	18	17	21	17	28	227
Llantwit Major Leisure Centre	23	23	36	29	22	36	43	33	29	37	37	58	406
Penarth Leisure Centre	81	113	110	119	76	133	111	95	108	91	92	138	1267
Colcot Leisure Centre	10	15	14	12	9	16	19	11	15	8	11	9	149
Total	255	285	323	303	228	447	320	307	269	305	306	418	3766

Total Gym leads across the contract:

- 1) 3 days passes - 3504
- 2) Website for gym - 495
- 3) Abandoned basket - 697
- 4) Self Registrations - 1298

Appendix 4 – Example of marketing - Bilingual

PENARTH
LEISURE CENTRE

NOFIO
SWIM

**Byddwch yn
dawel eich meddwl
gyda'n gwersi nofio ni**
Holwch yn y dderbynfa am fwy o fanylion

**Get peace of mind
with our swimming lessons**
Ask at reception for more details.

SCAN HERE FOR SWIMMING LESSONS

AT PENARTH LEISURE CENTRE

LeisureCentre.com

SWIM WALES
NOFIO CYMRU

2023
PROVIDER
DARBYNFA
CYMRU

sportwales
chwaraeon cymru

Water
Safety
Partner
of RLSS UK
OFFICIAL PARTNERSHIP

Appendix 5 - Marketing

WEBSITE STATISTICS				
	Barry	Penarth	Llantwit	Cowbridge
Page views	296,916	304,969	89,157	50,629
Unique users	56,902	51,117	17,407	11,289
Sessions	100,477	98,885	41,230	15,596

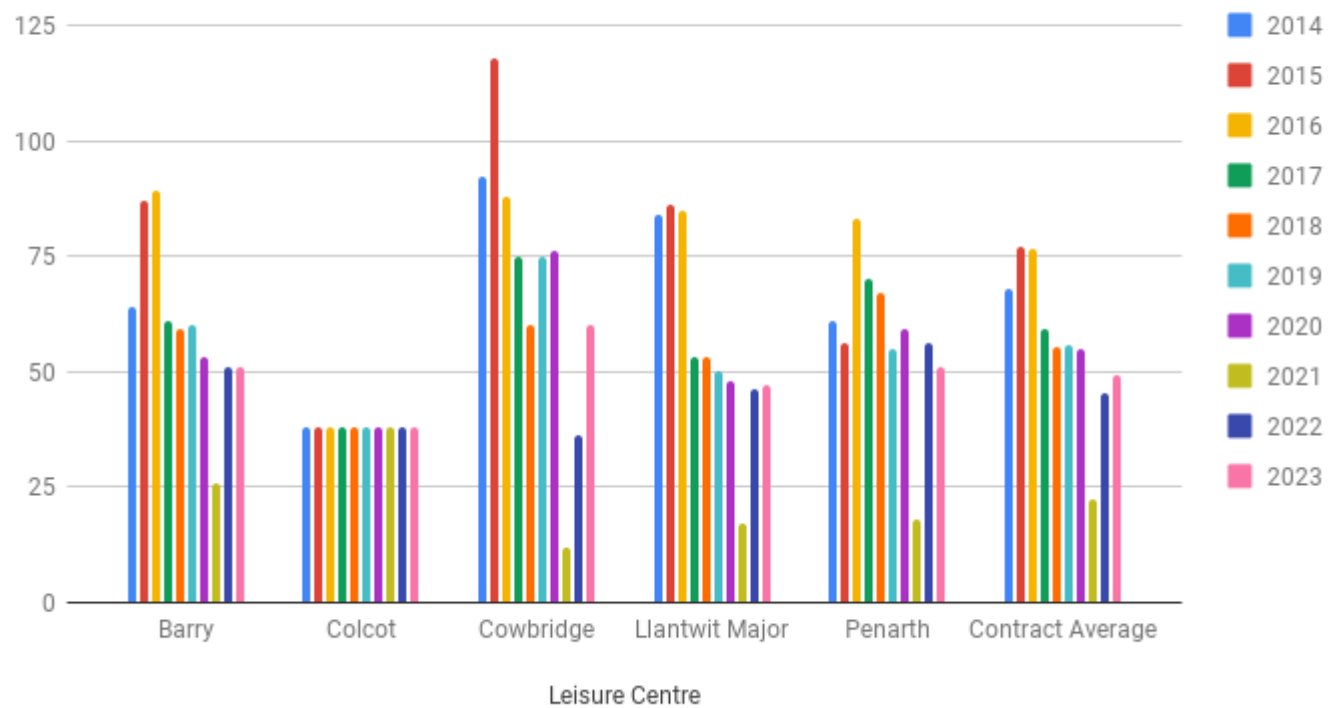
SOCIAL - VOG CONTRACT

Month	IGViews	IGReach	IGImpressions	FBViews	FBImpressions	FBReach	Views	Impressions	Reach
August	1380	18117	42341	2788	165643	94292	4168	207984	112409
September	819	13556	25217	2085	121587	72306	2904	146804	85862
October	1087	23555	38788	2345	275525	164577	3432	314313	188132
November	1125	25475	41595	2325	187678	113306	3450	229273	138781
December	1432	18601	34867	3206	207568	121008	4638	242435	139609
January	1163	65501	103901	3333	608436	350223	4496	712337	415724
February	934	27337	48473	2624	282901	168695	3558	331374	196032
March	882	33621	53239	2191	340538	218432	3073	393777	252053
April	1000	40419	63048	2877	548681	362627	3877	611729	403046
May	1000	102266	145334	4191	684035	456931	5191	829369	559197
June	707	56768	81027	4563	519294	338201	5270	600321	394969
July	668	68416	98016	7414	649526	415768	8082	747542	484184

Appendix 6: Energy Use (kWh per hour)

		Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	
Site	Utility	August 2022	Sept 2022	Oct 2022	Nov 2022	Dec 2022	Jan 2023	Feb 2023	March 2023	April 2023	May 2023	June 2023	July 2023	Total 2022/23
Barry Leisure Centre	Electricity	30,711	13,720	13,533	22,131	34,563	0	5,891	5,631	5,454	16,239	19,409	12,234	179,516
Cowbridge Leisure Centre	Electricity	6,426	9,440	12,277	15,698	18,750	22,031	18,647	18,928	13,144	9,408	7,974	9,387	162,109
Llantwit Major Leisure Centre	Electricity	9,962	8,722	9,001	9,520	10,379	9,366	8,691	9,436	9,039	9,599	9,950	9,994	113,657
Penarth Leisure Centre	Electricity	51,557	48,731	40,623	45,263	52,931	54,964	48,876	53,053	35,102	42,418	34,966	27,743	536,227
Barry Leisure Centre	Gas	81,938	108,421	111,659	142,830	170,898	183,881	168,276	186,851	186,676	95,004	79,605	118,437	1,634,476
Cowbridge Leisure Centre	Gas	2,389	6,788	16,252	35,296	72,964	161,116	111,905	107,672	31,515	15,266	2,321	13,815	577,299
Llantwit Major Leisure Centre	Gas	25,442	35,223	40,525	42,808	46,477	38,620	38,974	44,771	74,290	21,227	38,675	40,103	487,135
Penarth Leisure Centre	Gas	120,780	142,053	185,719	195,200	260,258	229,986	217,501	215,589	205,100	163,706	127,763	163,368	2,227,023

DEC Energy Performance Operational Ratings 2014-2023

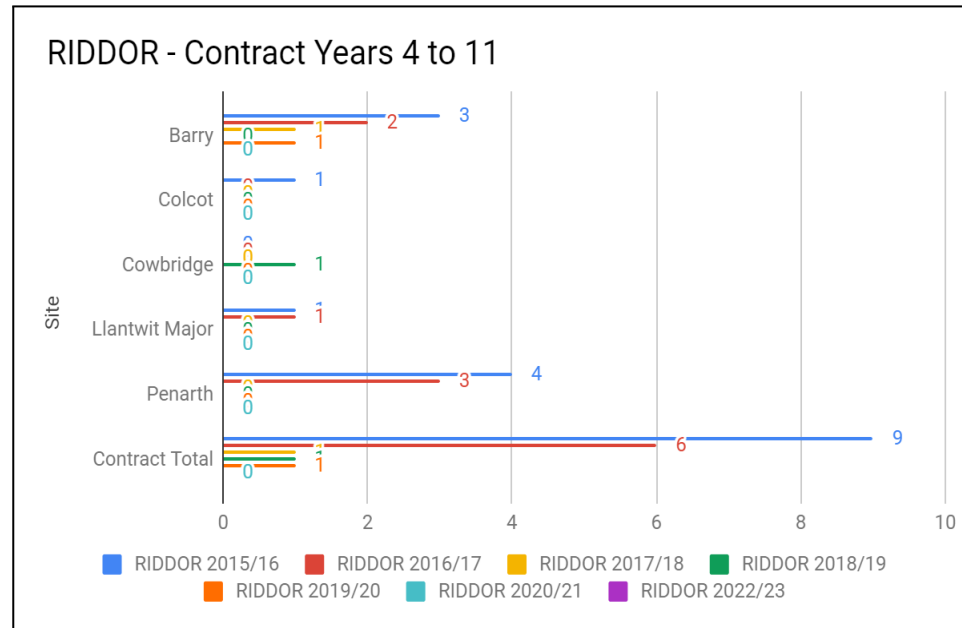
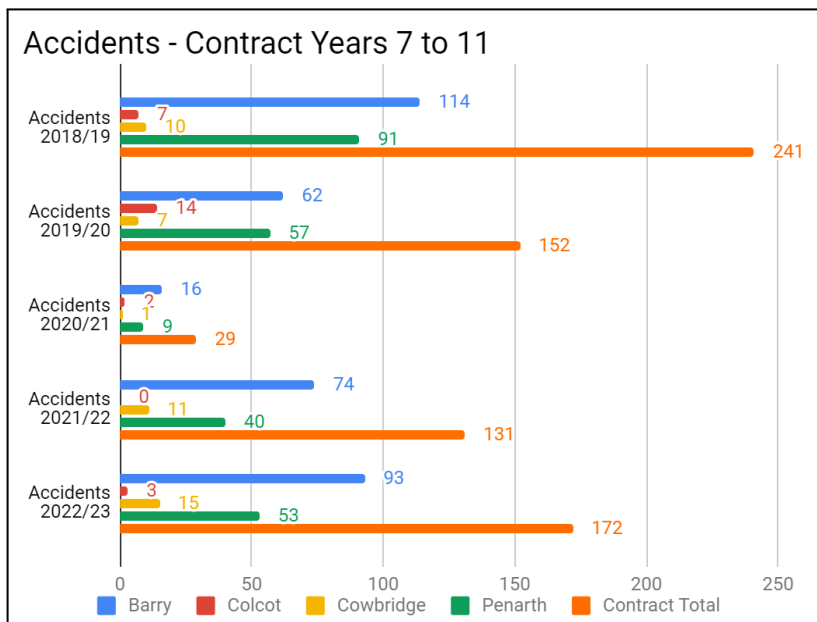


Appendix 7 - Net Promoter Scores

Leisure Centre Name	Detractors	Passives	Promoters	NPS
Barry	32	48	51	15
Penarth	20	37	54	31
Cowbridge	2	12	10	33
Llantwit Major	5	6	20	48

Company Average: 29

Appendix 8: Accident Summary Statistics



National Average for accident against footfall is current 0.10%

Vale contract for accident against footfall is current 0.02%

Appendix 9 - Pricing information from 1st January 2023

Site	Vale of Glamorgan Contract	Cost 2023
	Gym and Spa Product	
Vale Contract	Gym - Peak	£7.30
Vale Contract	Gym - Off Peak	£6.20
Vale Contract	Gym - Concession Peak	£6.90
Vale Contract	Gym - Concession Off Peak	£4.00
Vale Contract	Classes - Peak	£5.50
Vale Contract	Classes - Off Peak	£4.50
Vale Contract	Classes - Concession Peak	£4.70
Vale Contract	Classes - Concession Off Peak	£2.70
Vale Contract	NER pay and play per session	£2.50
Barry	GoodBoost per session	£5.00
Penarth & Barry	Escapee program per session	£3.00
Penarth & Cowbridge	Health Suite - Peak - 1hr	£7.50
Penarth & Cowbridge	Health Suite - off peak - 1hr	£6.00
Vale Contract	Personal Training block (6 for 5) - member only	£137.50
Vale Contract	Personal Training - Member Only	£27.50
Vale Contract	Personal Training - Non Member	£35.00
Vale Contract	Induction to the Gym	£10.00
	Wetside Product	
Penarth	Inflatable Family Fun - 1hr	£6.00

Barry & Llantwit	Wetside Inflatable Fun - 1hr	£5.00
Vale Contract	Swim - Peak	£4.20
Vale Contract	Swim - Off Peak	£4.20
Vale Contract	Swim - aged 3 and under - added	£0.00
Vale Contract	Swim Concession Lane Swim	£1 swim being finished
Vale Contract	Swim - Concession Off Peak	£2.60
Barry, Llantwit & Penarth	Main Pool Hire - 1hr	£85.00
Barry & Penarth	Small pool hire - 1hr	£50.00
Barry & Penarth	Pool Hire - 1hr	£135.00
Barry, Llantwit & Penarth	Lasne Hire - 1hr	£24.00
Vale Contract	School Swimming per pupil	£2.70
Vale Contract	Swim Crash course per session	£6.25
Vale Contract	Parent & Baby Courses per Session	£6.25
Vale Contract	Swim Hats	£1.25
Vale Contract	Certificates and Badges	£2.00
	Sports Product	
Vale Contract	Pickleball peak & off peak Ad hoc	£8.00
Vale Contract	Racket Sports - Peak	£8.20
Vale Contract	Racket Sports - Off Peak	£6.70
Vale Contract	Racket Sports - Concession Peak	£7.40
Vale Contract	Racket Sports - Concession Off Peak	£4.50
Vale Contract	Junior Sports Courses (Football, Tag Rugby, Basketball & Netball)	£4.00
Vale Contract	Junior Sports Courses (Gymnastics, Trampoline & Cricket)	£5.00
Barry & Penarth	Main Hall Hire 1 hr (6 Court Sports Hall) - Commercial rate	£85.00

Annual Performance Monitoring
Report Vale of Glamorgan Council

Barry & Penarth	Main Hall Hire 1 hr (6 Court Sports Hall)	£52.00
Colcot, Cowbridge & Llantwit	Main Hall Hire 1 hr (4 Court Sports Hall) - Commercial rate	£75.00
Colcot, Cowbridge & Llantwit	Main Hall Hire 1 hr (4 Court Sports Hall)	£48.00
Barry & Penarth	Half Main Hall Hire 1 hr (3 Court Sports Hall)	£37.00
Colcot, Cowbridge & Llantwit	Half Main Hall Hire 1 hr (2 Court Sports Hall)	£26.00
Colcot & Cowbridge	Cricket Net hire (Double Bay)	£34.00
Colcot	VOG mini league hire per person	£1.00
Vale Contract	Soft Play / Multi sports	£2.50
Vale Contract	Pickleball - organised session	£4.00
	Carers go Free	
Vale Contract	Carers go Free (gym, classes and pool)	Free

Membership Pricing		
Agreement Name	Agreement Pricing	2023 (per month pp)
Corporate Membership	Corporate Flexi DD VOG Full Access	£34.00
Corporate Membership	Gymflex Annual Vale	£364.80
Expressions	Annual Full Access	£464.40
Expressions	Annual Full Access Vale	£378.00
Expressions	Fixed DD Full Access	£43.00
Expressions	Fixed DD Full Access VOG	£35.00
Expressions	Flexi DD Full Access	£47.00
Expressions	Flexi DD Full Access VOG	£39.00
Expressions	Junior 11-13 years VOG only	£19.00
Expressions Concessions	Student / Benefits / Senior	£29.50

Expressions Concessions	Expression Concession Annual Vale	£318.60
Expressions Concessions	NERs Referral DD Vale	£20.00
Expressions Concessions	NHS Referral Membership	£17.50
Expressions Concessions	Golden Pass (2 month membership)	£29.50
Expressions Concessions	Energie Youth	£19.00
Swim Membership	Fixed Swimming Vale	£28.00
Swim Membership	Annual Swim	£302.40
Swim Membership	Flexi Swim - New	£30.00
Swimming Lessons	1 Hour Swimming Lessons Direct Debit	£28.00
Swimming Lessons	1 to 1 Swim Lessons Direct Debit	£72.92
Swimming Lessons	2 to 1 Swim Lessons Direct Debit	£46.88
Swimming Lessons	Adult Swimming Lessons Direct Debit	£28.00
Swimming Lessons	Swimming Lessons Direct Debit	£26.00

Appendix 10

LEISURE CENTRE



Wellbeing Case Study in the Vale

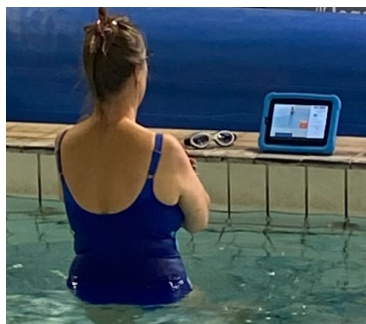
Good Boost Aqua

Good Boost Aqua is an MSK Rehabilitation programme designed to assist people with a range of health related conditions including people wanting to return to exercise after an operation or just wanting to take part in a light exercise programme.

Barry leisure centre was part of a pilot scheme chosen to deliver The Good Boost aqua programme which commenced in May 2023.

The benefits of this programme has seen our centres vastly becoming MSK Wellbeing Hubs which has seen a new style clientele coming through our doors with a range of health related issues. We have also been able to use the Good Boost sessions to sign post people waiting to attend the GP Referral scheme to the Good Boost allowing them to exercise whilst waiting to be accepted.

Our Aqua programme has grown from 2 to 4 sessions per week. With the new Land based Good Boost Session and community coffee groups due to start in November.



I have raised awareness and liaised with Barry Physiotherapy Hospital, Escape Pain, NERS team and local GP Surgeries who have all referred their clients onto the programme.

The Good Boost Aqua continues to grow with 12 people attending in May and 44 in September. This will only improve our social value score as people are less likely to attend the doctors with MSK related concerns and use their local leisure centre wellbeing hubs for assistance.

Case Study:

Rachel Griffith, Is a nurse and has had a full hip replacement and experiences issues with her knees. She is desperate to go back to work and can not until she can walk and bend unaided. She has been attending the Good Boost Sessions for 15 weeks and last week she walked across the pool side unaided. She has now returned to work thanks to the Good Boost Programme.

Sheila Isidora, Is 83 and attends the aqua Good Boost Programme and has found the mobility in her hips has improved, making walking easier and improvement in her energy levels which has made her feel much better both physically and mentally as she lives by herself..

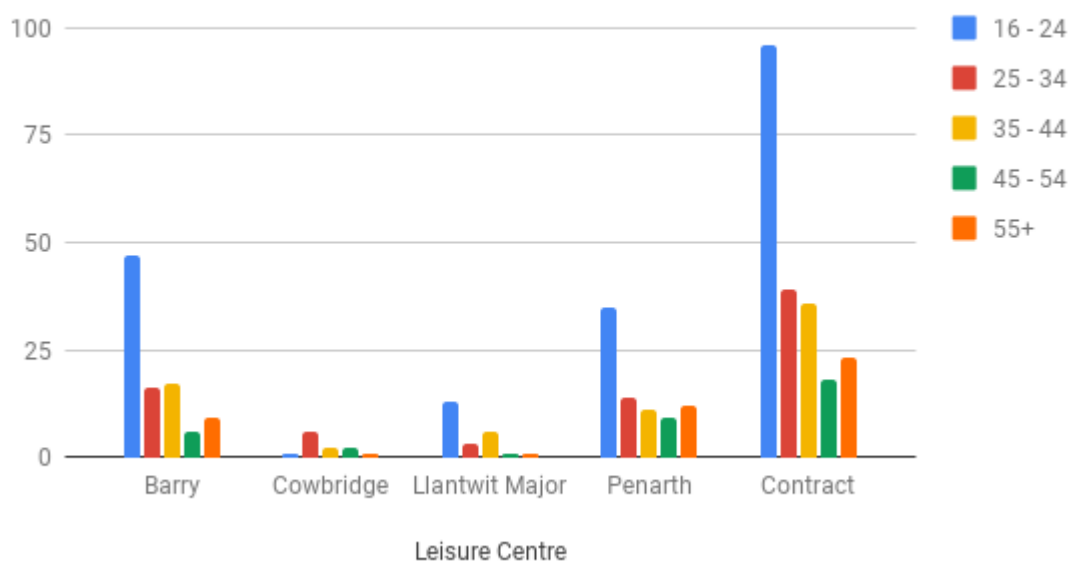
Rhianno Elis Davies, Has arthritis in her spine and has always wanted to exercise but didn't know where to start. She suffered from weight gain due to lack of exercise which has affected her mental health and confidence. Walking through our doors was such a big hurdle for her. Rhiannon is now able to move better with a lot less pain.

Appendix 10 - Total usage in our new active Community program in 2023

Month	Attendance
January	573
February	691
March	891
April	617
May	817
June	880
July	1033
Total	5502

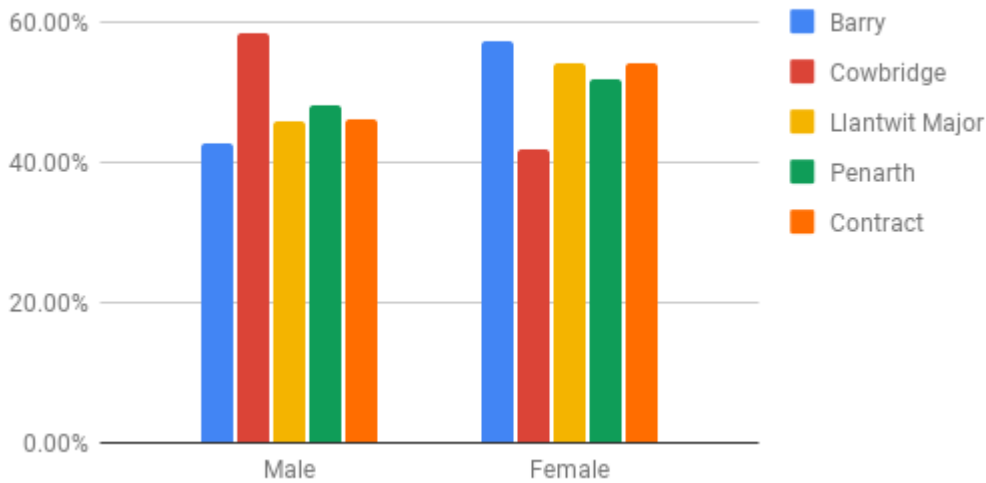
Appendix 11 - Employee Information

Employees by Leisure Centre & Age

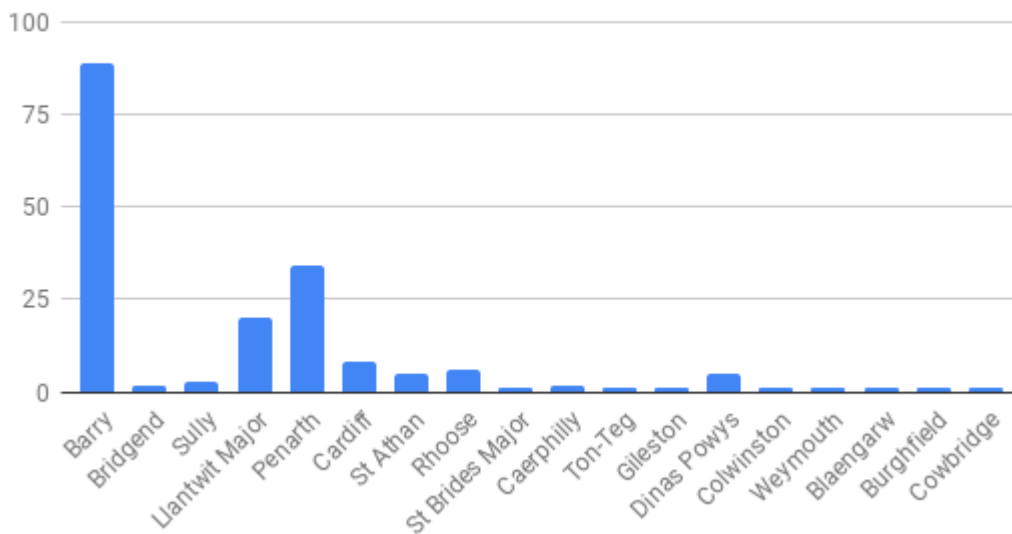


Report Vale of Glamorgan Council

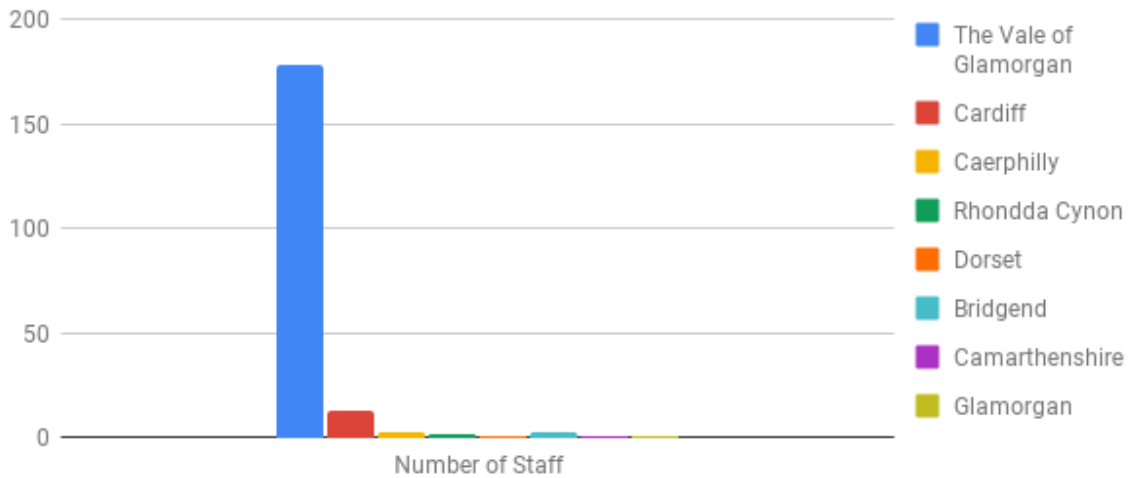
Employees by Leisure Centre & Gender



Number of Staff by Town



Number of Staff by County



Appendix II - Telephone Call stats



Appendix 13 - Opening times

Penarth					
	Gym & Classes	Health Suite	DM Opening and close	Pool	Sports Hall and dryside
Monday	06:30 - 21:00	07:00 - 20:00	06:00 & 21:30	06:30 - 21:00	06:30 - 21:00
Tuesday	06:30 - 21:00	07:00 - 20:00	06:00 & 21:30	06:30 - 21:00	06:30 - 21:00
Wednesday	06:30 - 21:00	07:00 - 20:00	06:00 & 21:30	06:30 - 21:00	06:30 - 21:00
Thursday	06:30 - 21:00	07:00 - 20:00	06:00 & 21:30	06:30 - 21:00	06:30 - 21:00
Friday	06:30 - 21:00	Closed	06:00 & 21:30	06:30 - 21:00	06:30 - 21:00
Saturday	8:00 - 17:30	09:00 - 16:00	07:30 & 18:00	8:00 - 17:00	8:00 - 17:00
Sunday	8:00 - 17:00	09:00 - 16:00	07:30 & 17:30	8:00 - 16:30	8:00 - 16:30
Bank Holidays	09:00 - 19:00	09:00 - 16:00	08:30 & 19:30	09:00 - 18:30	09:00 - 19:00
Llantwit					
	Gym & Classes	Health Suite	DM Opening and close	Pool	Sports Hall and dryside
Monday	07:00 - 21:00	N/A	06:45-21:30	07:00 - 21:00	07:00 - 21:00
Tuesday	07:00 - 21:00	N/A	06:45-21:30	07:00 - 21:00	07:00 - 21:00
Wednesday	07:00 - 21:00	N/A	06:45-21:30	07:00 - 21:00	07:00 - 21:00
Thursday	07:00 - 21:00	N/A	06:45-21:30	07:00 - 21:00	07:00 - 21:00
Friday	07:00 - 21:00	N/A	06:45-21:30	07:00 - 21:00	07:00 - 21:00
Saturday	08:00-17:00	N/A	07:45-17:30	08:00-17:00	08:00-17:00
Sunday	08:00-17:00	N/A	07:45-17:30	08:00-17:00	08:00-17:00
Bank Holidays	12:00-20:00	N/A	11:45-20:30	12:00-20:00	12:00-20:00
Cowbridge					
	Gym & Classes	Health Suite	DM Opening and close	Pool	Sports Hall and dryside

Report Vale of Glamorgan Council

Monday	07:00 - 21:00	08:00-2000	06:30 & 21:30	n/a	07:00 - 21:00
Tuesday	07:00 - 21:00	08:00-2000	06:30 & 21:30	n/a	07:00 - 21:00
Wednesday	07:00 - 21:00	CLOSED	06:30 & 21:30	n/a	07:00 - 21:00
Thursday	07:00 - 21:00	08:00-2000	06:30 & 21:30	n/a	07:00 - 21:00
Friday	07:00 - 21:00	08:00-2000	06:30 & 21:30	n/a	07:00 - 21:00
Saturday	08:00 - 17:00	09:00 - 16:00	07:30 & 17:30	n/a	08:00 - 17:00
Sunday	08:00 - 17:00	CLOSED	07:30 & 17:30	n/a	08:00 - 17:00
Bank Holidays	08:00 - 17:00	09:00 - 16:00	07:30 & 17:30	n/a	08:00 - 17:00
Barry					
	Gym & Classes	Health Suite	DM Opening and close	Pool	Sports Hall and dryside
Monday	06:00 - 21:00	n/a	05:30 & 21:30	06:00 - 21:45	06:00 - 21:00
Tuesday	06:00 - 21:00	n/a	05:30 & 21:30	06:00 - 21:45	06:00 - 21:00
Wednesday	06:00 - 21:00	n/a	05:30 & 21:30	06:00 - 21:45	06:00 - 21:00
Thursday	06:00 - 21:00	n/a	05:30 & 21:30	06:00 - 21:45	06:00 - 21:00
Friday	06:00 - 21:00	n/a	05:30 & 21:30	06:00 - 21:00	06:00 - 21:00
Saturday	08:00 - 18:00	n/a	07:30 & 18:30	08:00 - 18:00	08:00 - 18:00
Sunday	08:00 - 18:00	n/a	07:30 & 18:30	08:00 - 18:00	08:00 - 18:00
Bank Holidays	08:00 - 18:00	n/a	07:30 & 18:30	08:00 - 18:00	08:00 - 18:00
NB: Pool open Mon-Thurs 9pm - 9.45pm from 6th Nov until 31st March 2024					
Colcot					
	Gym & Classes	Health Suite	DM Opening and close	Pool	Sports Hall and dryside
Monday	n/a	n/a	15:30 & 22:30	n/a	16:00 - 22:00
Tuesday	n/a	n/a	15:30 & 22:30	n/a	16:00 - 22:00

Report Vale of Glamorgan Council

Wednesday	n/a	n/a	15:30 & 22:30	n/a	16:00 - 22:00
Thursday	n/a	n/a	15:30 & 22:30	n/a	16:00 - 22:00
Friday	n/a	n/a	15:30 & 22:30	n/a	16:00 - 22:00
Saturday	n/a	n/a	08:30 - 17:30	n/a	09:00 - 17:00
Sunday	n/a	n/a	08:30 - 17:30	n/a	09:00 - 17:00
Bank Holidays	n/a	n/a	CLOSED	n/a	CLOSED

Appendix 14 - Staff Training Compliance

Organisation Unit Name	Number of Staff	% Compliant
Barry Leisure Centre	83	85%
Llantwit Major Leisure Centre	29	85%
Penarth Leisure Centre	56	85%
Cowbridge Leisure Centre	10	94%
TOTAL	178	85%

Appendix 15 - Annual Marketing Plan

Category	Activity	January	February	March	April	May	June	July	August	September	October	November	December
Central Campaigns	3 Day Passes	3 Day Pass - Spring Assets			3 Day Pass - Spring Assets			3 Day Pass - Spring Assets			3 Day Pass - Autumn Assets		
	Financial Promotions	January Sale				Flash Sale			End of Summer Sale			Black Friday	January Sale (26.12)
	Google Ads	Always on Google Search Ads						Q3 Campaign			Q4 Campaign		
	Referrals	Referral Campaign Launch: Q2 Campaign			Referral Campaign Launch: Q2 Campaign			Referral Campaign Launch: Q2 Campaign			Referral Campaign Launch: Q2 Campaign		
	Time Specific Promotions		Valentine's Day	Mother's Day			Father's Day						
	Swimming Lessons	Campaign launched											
	Kids Sport Camps						Summer Holidays	Summer Holidays					
	Holiday Activities										October Half Term		Christmas Holidays
	National Campaigns				Swimathon		Drowning Prevention Week			National Fitness Day			
	Photo and Video	Brand Shoot		Q1 Shoot			Q2 Shoot			Q3 Shoot			Q4 Shoot
Local community group outreach		Recurring throughout the year											
Local Activity	Health and Well-being Programmes	Recurring throughout the year											
	Open Days											Open Day	
	Customer Success Stories	Recurring throughout the year, being shared on appropriate channels											
	Corporate Sales	Recurring throughout the year											
	Local communications						Recruitment campaigns		Junior memberships	Penarth roof communications plan			
Customer surveys and communications	Monthly newsletter	Recurring throughout the year											
	Centre survey	Recurring throughout the year											
	NPS survey					Re-launched			Automated - Recurring throughout the year				
	New member survey									Launching		Automated - Recurring throughout the year	
Website	SEO	Recurring throughout the year											
	CRO	Recurring throughout the year											
	New membership pages							Launch					
	Concessionary memberships online									Testing	Launch		
	New ticketing component										Launch		
	Contact form improvements			Phase 1									Phase 2
CRM	Apple / Google Pay								Launch				
	CRM										Welcome journey improvements		
Channel Audits	Google My Business										Sites to be given ability to send specific communications		
	Social Media										Site audit / training		
	Website										Site audit / training		
	CRM								H&F Welcome Journey			Site audit / training	



BRO MORGANNWG ACTIF **AN ACTIVE VALE OF GLAMORGAN**

**Galluogi pobl Bro Morgannwg i fwynhau chwaraeon a gweithgarwch corfforol gydol oes,
gan ddarparu anogaeth, cyfle ac amgylchedd i'r trigolion fyw bywydau actif, iach, hapus a bodlon**

**Enabling the people of Vale of Glamorgan to have a lifelong enjoyment of sport and physical activity, providing
the encouragement, opportunity and environment for residents to lead active, healthy, happy and fulfilling lives**

Cynllun Cymunedau Actif ar gyfer Bro Morgannwg 2023-2028

Yn gweithio mewn partneriaeth â Chyngor Bro Morgannwg

**An Active Communities Plan
for The Vale of Glamorgan 2023-2028**

Working in partnership with Vale of Glamorgan Council



Working in partnership with your Local Authority
Yn gweithio mewn partneriaeth â'ch Awdurdod Lleol

CYFLWYNIAD

Bydd Legacy Leisure yn gweithio mewn partneriaeth â Chyngor Bro Morgannwg a'i Dîm Datblygu Chwaraeon yn ogystal â Chwaraeon Cymru a rhanddeiliaid ehangach i roi'r Cynllun Cymunedau Actif pum mlynedd hwn ar waith, gan weithio gyda'n cymunedau ac ar eu rhan.

Bydd y Cynllun Cymunedau Actif hwn yn galluogi pobl actif a segur sy'n byw ar draws y cymunedau ym Mro Morgannwg i ffynnu drwy fwynhau chwaraeon a gweithgarwch corfforol gydol oes, gan ddarparu'r anogaeth, y cyfle a'r amgylchedd i drigolion fyw bywydau actif, iach, hapus a bodlon. Drwy greu cymuned actif drwy chwaraeon a gweithgarwch corfforol a mynd i'r afael ag anghenion gwahanol grwpiau defnyddwyr, ein nod ni yw cynyddu lefelau cyfranogiad ymhlith grwpiau blaenoriaeth.

Mae'r Cynllun Cymunedau Actif yn cyd-fynd â'r blaenoriaethau a nodir yn Neddf Llesiant Cenedlaethau'r Dyfodol [2015], amcanion Llesiant Cynllun Corfforaethol Bro Morgannwg a'r strategaeth hamdden 'Cymunedau Mwy Actif ar gyfer Dyfodol Iachach'. Nod y Cynllun Cymunedau Actif pum mlynedd hwn yw dod â blaenoriaethau allweddol, amcanion a rennir a chomau gweithredu at ei gilydd yn unol â'r fframweithiau a nodir yn genedlaethol ac yn lleol. Drwy wneud hynny, byddwn yn cyfrannu'n effeithiol at wella lefelau iechyd a gweithgarwch cyffredinol yng nghymunedau Bro Morgannwg drwy weithgareddau o ansawdd uchel, fforddiadwy a hygyrch a ddarperir ar draws cymunedau ac o fewn cyfleusterau hamdden cymunedol, yn unol ag anghenion lleol.

Mae'n hysbys bod chwaraeon a gweithgarwch corfforol yn cael effaith gadarnhaol ar iechyd meddwl, emosïynol a chorfforol yn ogystal â chwarae rhan allweddol fel hwylusydd cydlyniant cymunedol. Yn ddi-os, gallai hyn helpu i chwarae rhan sylweddol mewn lleihau ymddygiad gwrthgymdeithasol yn ogystal â chynyddu lefelau cyfranogiad ymhlith grwpiau blaenoriaeth drwy ddarparu ystod o gyfleoedd, profiadau cadarnhaol a llwybrau o gyfranogiad i berfformiad. Rydym wedi ymrwymo i wella llesiant, hunanhyder a chymhelliant ein trigolion lleol a byddwn yn cefnogi twf economaidd cynaliadwy, gan ddarparu cyfleoedd gwirfoddoli a chyflogaeth i bobl leol ochr yn ochr â chynnig datblygiad proffesiynol parhaus o fewn y sector.

Er mwyn cyflawni'r cynllun hwn yn llwyddiannus, bydd ein Rheolwr Cymunedau Actif llawn amser a thimau'r canolfannau hamdden yn meithrin partneriaethau effeithiol a chynaliadwy, gan sicrhau bod adnoddau'n cael eu defnyddio'n fwy effeithiol i ddarparu gwasanaeth gwell yn lleol. Byddwn yn sicrhau'r rhaglennu gorau posib yn ein canolfannau hamdden ac o'u cwmpas ochr yn ochr â datblygu marchnata wedi'i dargedu ac wedi'i deilwra i ymgysylltu â'r rhai na fyddent yn draddodiadol yn defnyddio eu cyfleuster hamdden lleol. Byddwn yn gwneud cais am gyllid craidd ac allanol i ddatblygu ymyriadau pellach i gynyddu lefelau gweithgarwch corfforol ymhlith y grwpiau lleiaf actif.

Er mwyn pennu llwyddiant ar draws Bro Morgannwg, bydd adroddiadau ar y Cynllun Cymunedau Actif yn cael eu darparu fel rhan o'r adroddiadau contract ehangach gyda'r holl ddata API yn ôl yr angen. Bydd adroddiad Gwerth Cymdeithasol manwl, llawn ar gyfer portffolio'r Canolfannau Hamdden yn cael ei gomisiynu i ddangos gwerth ychwanegol y gwasanaethau hyn ar draws Bro Morgannwg.

INTRODUCTION

Legacy Leisure will be working in partnership with the Vale of Glamorgan Council and their Sports Development Team as well as Sport Wales and wider stakeholders to implement this five year Active Communities Plan, working with and for our communities.

This Active Communities Plan will enable both active and inactive people living across the communities in the Vale of Glamorgan to thrive through a lifelong enjoyment of sport and physical activity, providing the encouragement, opportunity and environment for residents to lead active, healthy, happy and fulfilling lives. By creating an active community through sport and physical activity and addressing the needs of different user groups, we aim to increase levels of participation amongst priority groups.

The Active Communities Plan aligns to the priorities set out in **The Well Being of Future Generations Act [2015]**. The well-being objectives of the **Vale of Glamorgan's Corporate Plan** and the **'More Active Communities for a Healthier Future' leisure strategy**. The aim of this five year Active Communities Plan is to bring together key priorities, shared objectives and actions in line with the frameworks set out nationally and locally. In doing so, we will effectively contribute to improving the overall health and activity levels in Vale of Glamorgan communities through high quality, affordable and accessible activities delivered across communities and within community leisure facilities, in line with local needs.

It is well known that sport and physical activity has a positive impact on mental, emotional and physical health as well as playing a key role as a facilitator of community cohesion. Undoubtedly, this could help to play a significant role in reducing antisocial behaviour as well as increasing participation levels among priority groups by providing a range of opportunities, positive experiences and pathways from participation to performance. We are committed to improving the well-being, self confidence and motivation of our local residents and will support sustainable economic growth, providing local people with volunteering and employment opportunities alongside offering continuous professional development within the sector.

To successfully deliver this plan, our full-time Active Communities Manager and the leisure centre teams will nurture impactful and sustainable partnerships, ensuring resources are used more effectively to provide an enhanced service locally. We will maximise programming in and around our leisure centres alongside developing targeted and tailored marketing to engage those who would not traditionally access their local leisure facility. We will apply for core and external funding to develop further interventions to increase physical activity levels amongst the least active groups.

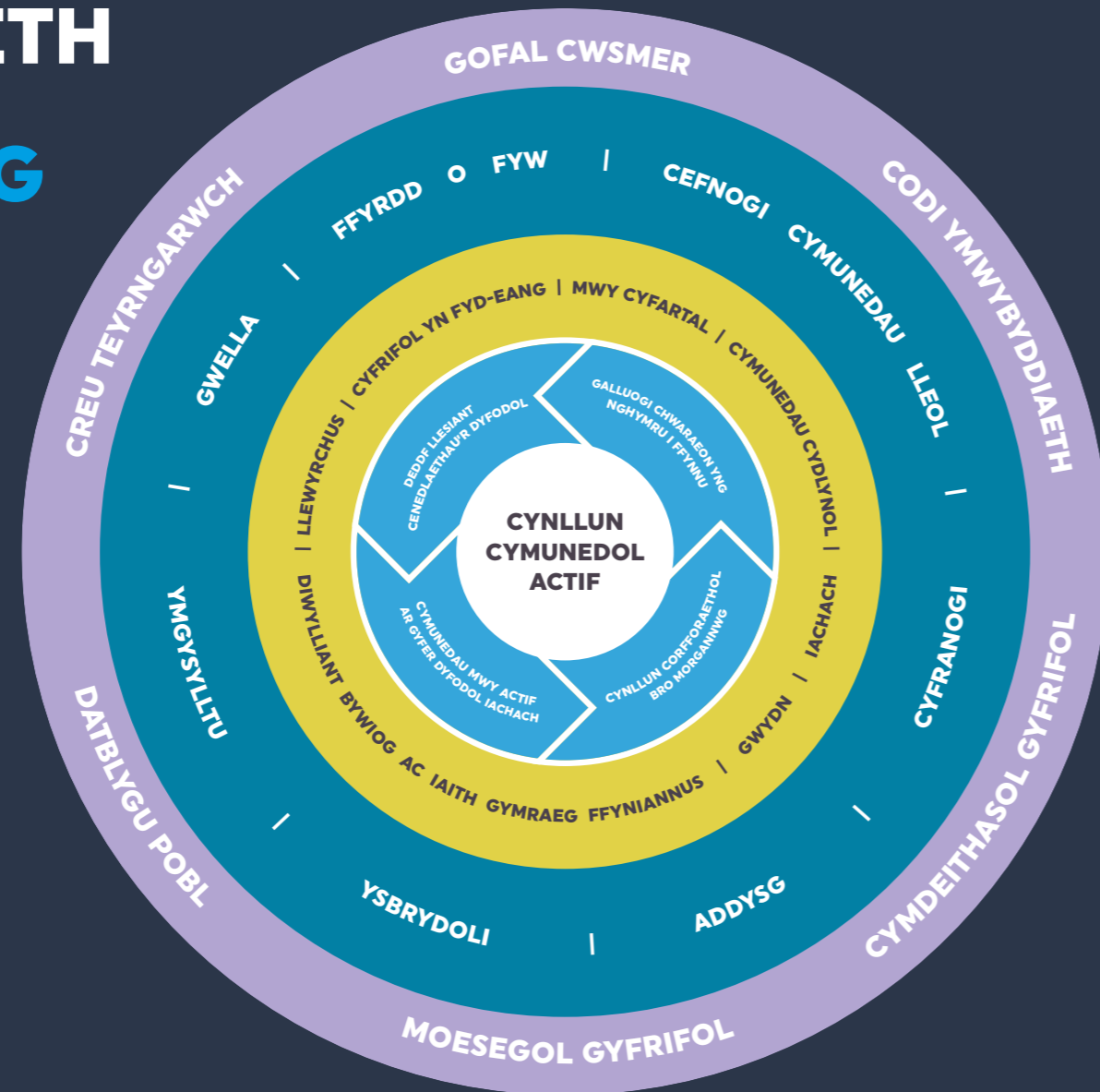
To determine success across the Vale of Glamorgan, reporting on the Active Communities Plan will be provided as part of the wider contract reporting with all API data as required. A full detailed Social Value report for The Leisure Centre portfolio will be commissioned to demonstrate the added value of these services across the Vale of Glamorgan.

DULL PARTNERIAETH O WEITHREDU YM MRO MORGANNWG

Mae Parkwood Leisure a Legacy Leisure wedi ymrwmo i feithrin dull partneriaeth o weithredu gyda Chyngor Sir Bro Morgannwg a phartneriaid cenedlaethol a lleol i helpu i ' greu cymuned actif drwy chwaraeon a gweithgarwch corfforol i sicrhau bod trigolion Bro Morgannwg yn cael yr anogaeth, y cyfle a'r amgylchedd i fyw bywydau actif, iach a bodlon'.

Bydd y Cynllun Cymunedau Actif yn parhau i fod wrth galon y bartneriaeth leol drwy gydol y contract, a bydd yn cael ei ymgorffori ar draws cyfleusterau hamdden a chymunedau lleol i gau'r bwch mewn anghydraddoldebau iechyd a lefelau anweithgarwch ar draws ein cymunedau.

Mae ein dull partneriaeth o weithredu, ein hethos a'n gwerthoedd yn sail i'n hymrwymiad i ddarparu gwasanaeth cynaliadwy o ansawdd uchel er budd cymaint o bobl â phosib sy'n byw ar draws Bro Morgannwg.



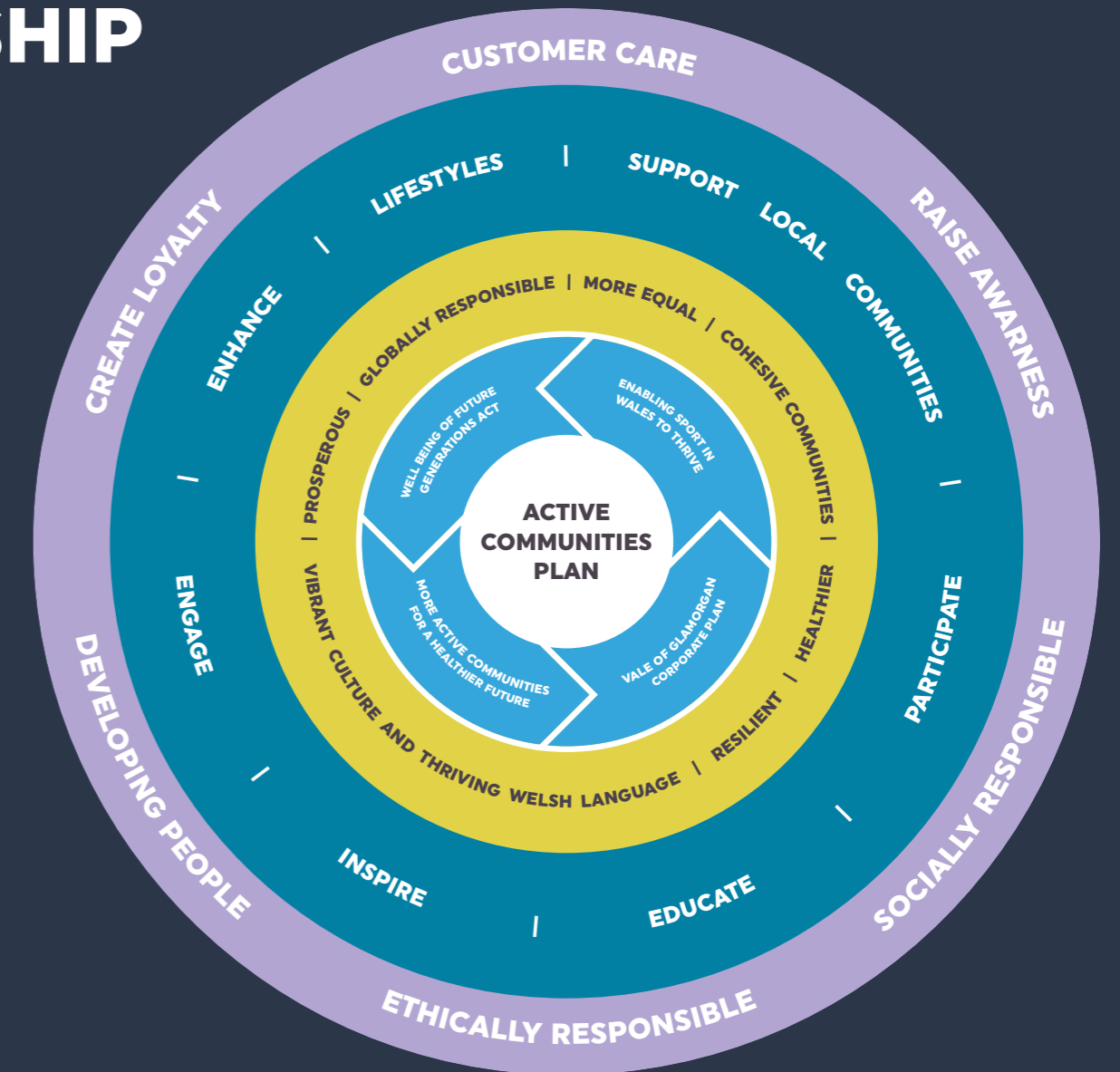
- Strategaethau Allweddol
- Gwerthoedd Legacy
- Themâu'r Cynllun Cymunedol Actif
- Ethos Legacy

A TRUE PARTNERSHIP APPROACH IN THE VALE OF GLAMORGAN

Parkwood Leisure and Legacy Leisure are committed to nurturing a true partnership approach with Vale of Glamorgan County Council and both national and local partners to help 'create an active community through sport and physical activity to ensure that Vale of Glamorgan residents have the encouragement, opportunity and environment to lead active, healthy and fulfilling lives'.

The Active Communities Plan will continue to sit at the very heart of the local partnership throughout the contract, and will be embedded across leisure facilities and local communities to narrow the gap in health inequalities and inactivity levels across our communities.

Our partnership approach, ethos and values underpin our commitment to delivering a quality and sustainable service to benefit as many people living across the Vale of Glamorgan.



- Key Strategies
- Legacy Values
- AC Plan Themes
- Legacy Ethos

DEDDF LLESIAINT CENEDLAETHAU'R DYFODOL [2015]

Byddwn yn cyfrannu at y nodau Llesiant drwy weithio ar y cyd ac ymgysylltu â'r gymuned i ddatblygu canlyniadau hirdymor a chynaliadwy sy'n ymgysylltu â'r gymuned gyfan.

- **Llewyrchus:** Cynyddu datblygiad sgiliau a chyfleoedd hyfforddi sy'n arwain at gyflogaeth. Cefnogi addysg a datblygu rhaglenni cymunedol
- **Gwydn:** Darparu manau diogel i gymryd rhan mewn gweithgarwch corfforol a chynnal gweithgareddau newydd a chyffrous i ddarparu ar gyfer pob demograffig
- **Iachach:** Darparu amrywiaeth o weithgareddau sy'n cefnogi iechyd a lles corfforol a meddyliol
- **Mwy Cyfartal:** Cynyddu lefelau gweithgarwch corfforol ymhlith oedolion a phlant yn ogystal â grwpiau blaenoriaeth, gan ddarparu gweithgareddau hygyrch a fforddiadwy
- **Diwylliant Bywiog a'r Iaith Gymraeg yn Ffynnu:** Hyrwyddo rôl chwaraeon a gweithgarwch corfforol fel elfen annatod o fywiogrwydd diwylliannol cenedlaethol a lleol
- **Cymunedau Cydlynol:** Cefnogi a hyrwyddo gweithgarwch corfforol a chwaraeon fel ffordd o gysylltu cymunedau, gan ymateb i gymunedau lleol ac ymgysylltu â hwy
- **Cyfrifol yn fyd-eang:** Ystyried effaith hamdden ar yr amgylchedd a cheisio lleihau effeithiau amgylcheddol y gwasanaethau

CHWARAEON CYMRU - GALLUOGI CHWARAEON YNG NGHYMRU I FFYNNU [2020]

Byddwn yn gweithio i gefnogi strategaeth a gweledigaeth Chwaraeon Cymru fel bod pawb yn gallu cael mwynhad oes o chwaraeon, gyda chymaint o bobl â phosibl wedi'u hysbrydoli i gyflawni drwy chwaraeon.

- Canolbwyntio ar yr unigolyn - Anghenion a chymhellion yr unigolyn sy'n arwain y ddarpariaeth, boed yn dechrau arni, yn anelu at gynnydd neu'n ymdrechu am ragoriaeth ar lwyfan y byd
- Rhoi dechrau gwych i bob person ifanc. Mae gan bob person ifanc y sgiliau, yr hyder a'r cymhelliant i'w galluogi i fwynhau a gwneud cynnydd drwy chwaraeon; gan roi sylfaen iddynt fyw bywyd actif ac iach
- Sicrhau bod pawb yn cael y cyfle i fod yn actif drwy chwaraeon. Mae chwaraeon yn gynhwysol ac yn darparu profiad gwych i bawb
- Dod â phobl at ei gilydd ar gyfer y tymor hir. Ceir sector chwaraeon cydweithredol, cynaliadwy a llwyddiannus, sy'n cael ei arwain gan wybodaeth a dysgu ar y cyd
- Arddangos gwerth chwaraeon. Mae tystiolaeth o effaith chwaraeon, ac mae cyrhaeddiad chwaraeon yn cael ei ddeall yn llawn, ei werthfawrogi, ei arddangos a'i ddathlu ledled Cymru
- Bod yn sefydliad sy'n cael o werth mawr. Mae Chwaraeon Cymru yn sefydliad uchel ei barch, sy'n ymdrechu i orgyflawni drwy ddarparu gwasanaeth o'r safon uchaf drwy ein staff gwerthfawr

THE WELL BEING OF FUTURE GENERATIONS ACT [2015]

We will contribute to the well-being goals by working collaboratively and engaging with the community to develop long terms and sustainable outcomes which engage the whole community.

- **Prosperous:** Increase development of skills and training opportunities which lead to employment. Supporting education and developing community programmes
- **Resilient:** Provide safe places to engage in physical activity and implement new and exciting activities to cater for every demographic
- **Healthier:** Providing a range of activities that support physical and mental health and well being
- **More Equal:** Increasing physical activity levels amongst adults and children as well as priority groups, providing accessible and affordable activities
- **Vibrant Culture and Thriving Welsh Language:** Promoting the role of sport and physical activity as an integral element of national and local cultural vibrancy
- **Cohesive Communities:** Supporting and promoting physical activity and sport as a way to connect communities, responding to and engaging local communities
- **Globally responsible:** Taking account of the impact of leisure on the environment and seeking to minimise environmental impacts of the services

SPORT WALES - ENABLING SPORT IN WALES TO THRIVE [2020]

We will work to support Sport Wales' strategy and vision so that everyone can have lifetime enjoyment of sport, with as many people as possible inspired to achieve through sport.

- To be person centred- The needs and motivations of the individual lead the delivery, whether just starting out, aiming to progress or striving for excellence on the world stage
- To give every young person a great start. Every young person has the skills, confidence and motivation to enable them to enjoy and progress through sport; giving them foundations to lead an active sport giving them foundations to lead an active, healthy lifestyle
- To ensure everyone has the opportunity to be active through sport. Sport is inclusive and provides a great experience for all
- To bring people together for the long term. There is a collaborative, sustainable and successful sports sector, led by collective insight and learning
- To showcase the value of sport. The impact of sport is evidenced, and sport's reach is fully understood, valued, showcased and celebrated throughout Wales
- To be a highly valued organisation. Sport Wales is a respected organisation, striving to over achieve by delivering a first class service through our valued staff

CYNLLUN CORFFORAETHOL BRO MORGANNWG [2020-2025]

Byddwn yn cyfrannu at y pedwar nod llesiant yng Nghynllun Corfforaethol Bro Morgannwg 2022 - 2028

1. Gweithio gyda'n cymunedau ac ar eu rhan
2. Cefnogi dysgu, cyflogaeth a thwf economaidd cynaliadwy
3. Cefnogi pobl gartref ac yn eu cymuned
4. Parchu, gwella a mwynhau ein hamgylchedd

STRATEGAETH HAMDDEN BRO MORGANNWG [2018 - 2028] 'CYMUNEDAU MWY ACTIF AR GYFER DYFODOL IACHACH'

Byddwn yn cefnogi Cyngor Bro Morgannwg a'i bartneriaid i gynyddu lefelau cyfranogiad a gweithgarwch corfforol, gan annog a hyrwyddo ffyrdd actif ac iach o fyw. Byddwn yn darparu gwasanaethau hygyrch a fforddiadwy o ansawdd uchel mewn cymunedau i gefnogi'r canlyniadau canlynol

1. Cyfleusterau a chyfleoedd hamdden o Ansawdd Gwell ar draws y Fro
2. Mwy o bobl yn fwy actif yn gorfforol bob dydd
3. Pobl yn teimlo'n iachach
4. Defnyddir adnoddau hamdden yn fwy effeithiol ac maent o fudd i fwy o bobl i wella eu hymddygiad o ran gweithgarwch corfforol

VALE OF GLAMORGAN CORPORATE PLAN [2020-2025]

We will contribute to the four well-being objectives in the Vale of Glamorgan Corporate Plan 2022 - 2028

1. To work with and for our communities
2. To support learning, employment and sustainable economic growth
3. To support people at home and in their community
4. To respect, enhance and enjoy our environment

VALE OF GLAMORGAN LEISURE STRATEGY [2018 - 2028] 'MORE ACTIVE COMMUNITIES FOR A HEALTHIER FUTURE'

We will support the Vale of Glamorgan Council and partners to increase the levels of participation and physical activity, encouraging and promoting active and healthy lifestyles. We will provide accessible and affordable quality services within communities to support the following outcomes

1. Better Quality Leisure facilities and opportunities across the Vale
2. More people being physically more active every day
3. People feeling healthier
4. Leisure resources are used more effectively and benefit more people to improve in physical activity behaviours

SUT BYDDWN YN DANGOS LLWYDDIANT YM MRO MORGANNWG

Er mwyn cyflawni canlyniadau lleol, gan ddarparu gwasanaethau i'r rhai sydd mewn angen mwyaf, rydym yn parhau i fabwysiadu a gweithredu dull system gyfan, cydweithredol o weithredu ledled Bro Morgannwg.

- Ein nod ni yw cyfrannu at flaenoriaethau cenedlaethol a lleol, gan ddatblygu mentrau sy'n seiliedig ar ddata a gwybodaeth gadarn gan ddadansoddi tueddiadau o safbwyntiau pobl leol
- Gyda buddsoddiad cyson, rydym yn darparu cyfleuster parhaus ac adnoddau cymunedol drwy dîm profiadol
- Rydym yn cyrraedd y bobl iawn yn y ffordd iawn drwy fuddsoddi mewn marchnata effeithiol ac wedi'i dargedu
- Byddwn yn nodi bylchau yn y ddarpariaeth, gan nodi cyfleoedd cynaliadwy i ymgysylltu â'r rhai sydd mewn angen mwyaf
- Rydym yn dysgu'n barhaus drwy werthuso cadarn ac yn parhau i gyflwyno darpariaeth iechyd a gweithgarwch corfforol leol gydlynol a rhagorol i uno'r mudiad yn y Fro

Bydd y gwaith o fonitro a gwerthuso'r Cynllun Cymunedau Actif yn cael ei gwblhau yn unol ag adroddiadau contract a'i gyflwyno'n flynyddol i Gyngor Bro Morgannwg drwy werthusiad cadarn. Rydym eisiau deall effeithiolrwydd yr ymyriadau a'r rhaglenni ar gyfer mwy o effaith yn y tymor hir. Bydd rhaglenni Cymunedau Actif y Dyfodol yn cael eu datblygu yn unol â blaenoriaethau partner ac adborth gan ein cwsmeriaid a'n cymunedau.

Byddwn yn sicrhau bod pob rhaglen yn cael ei hadolygu'n rheolaidd ac wedi'i chynllunio er mwyn gwarantu ansawdd, pennu effaith ac ymateb i dueddiadau hamdden. O fewn y Cynllun Cymunedau Actif, byddwn yn pennu targedau blynyddol ar gyfer 2023-2024 a 2024-2025.

Bydd y targedau blynyddol hyn [a thargedau sylfaen ar gyfer rhaglenni newydd] yn cael eu hadrodd a'u hadolygu'n flynyddol.

Er mwyn casglu data manwl gywir, bydd modd archebu pob rhaglen ar ap a thudalennau gwe'r Ganolfan Hamdden neu drwy ffonio neu archebu yn nerbynfa'r canolfannau.

WHAT WILL WE MEASURE

Cyfranogiad

Defnyddwyr, Trwybwn, Oedran, Rhywedd, Lleoliad [cod post], Anabledd, Tarddiad Ethnig, Amledd y cyfranogiad [3+ gwaith yr wythnos / 1 i 3 gwaith yr wythnos / 1 i 3 gwaith y mis / 1 i 11 gwaith y flwyddyn. Dadansoddiad ar draws nifer o weithgareddau yn ôl yr angen gan ddefnyddio Gwybodaeth Cwsmeriaid a Dangosfwrdd Cyfranogiad

Rhaglennu

Data cyfranogiad Rhaglenni'r Ganolfan, adrodd ar y Cynllun Cymunedau Actif

Gweithlu

Niferoedd, gwirfoddolwyr, prentisiaethau a hyfforddiant a ddarperir

Effaith

Astudiaethau Achos, adborth Ymgynghori ac Adroddiadau Gwerth Cymdeithasol

HOW WE WILL DEMONSTRATE SUCCESS IN THE VALE OF GLAMORGAN

To achieve local outcomes, providing services to those most at need, we continue to adopt and implement a collaborative, whole system approach across the Vale of Glamorgan.

- We aim to contribute to **national and local priorities**, developing initiatives based on **robust data and insight** whilst analysing trends from local people's views
- With **continued investment**, we provide on-going facility and community resources through an **experienced team**
- We reach the right people in the right way by investing in effective and **targeted marketing**
- We will identify gaps in provision, identifying **sustainable opportunities** to engage those most in need
- We learn continually through **robust evaluation** and continue to deliver an excellent joined up local health and physical activity offering to unite the movement in the Vale

Monitoring and evaluation of the Active Communities Plan will be completed in line with contract reporting and presented annually to the Vale of Glamorgan Council through robust evaluation, we want to understand the effectiveness of the interventions and programmes for greater impact in the long-term. Future Active Communities programmes will be developed in line with partner priorities and feedback from our customers and communities.

We will ensure there is a regular and planned review of all programmes in order to guarantee quality, determine impact and respond to recreational trends. Within the Active Communities Plan, we will establish annual targets for 2023- 2024 and 2024- 2025. These annual targets [and baseline targets for new programmes] will be reported and reviewed annually.

To gather accurate data, all programmes will be bookable on the Leisure Centre app and web pages or by calling or booking at reception in the centres.

WHAT WILL WE MEASURE

Participation

Users, Throughput, Age, Gender, Location [postcode], Disability, Ethnic origin, Frequency of participation [3+ times per week/1-3 times weekly/1-3 times monthly/1-11 times annually. Breakdown across a number of activities as required using Customer Insight and Participation Dashboard

Programming

Centre Programmes participation data, Active Communities Plan reporting

Workforce

Numbers, volunteers, apprenticeships and training provided

Impact

Case Studies, Consultation feedback and Social Value Reports

GWERTH CYMDEITHASOL YCHWANEGOL AR DRAWS BRO MORGANNWG

Rydym wedi comisynnu adroddiad Gwerth Cymdeithasol ar gyfer Cyfleusterau Bro Morgannwg er mwyn edrych yn ôl ar effeithiau'r pandemig ac i fesur yr adferiad.

Byddwn yn gweithio'n agos gyda Chyngor Bro Morgannwg, y GIG, ysgolion, clybiau a phartneriaid lleol i ddangos ein gwir werth cymdeithasol drwy ddarparu buddion cymdeithasol, economaidd ac amgylcheddol ehangach.

Drwy gydol 2021, cynhyrchodd Legacy Leisure £16.2m o werth cymdeithasol [£2.6m- gwell iechyd, £9.2m- gwell lles goddrychol, £154.5k - cynnydd mewn datblygiad unigol a £4.2m o ddatblygiad cymdeithasol a chymunedol]. Mae Legacy Leisure yn y 30% uchaf yn y sector ar gyfer Gwerth Cymdeithasol a gynhyrchir fesul person.

Dangosodd Cyfrifiad 2021 boblogaeth o 131,800 yn ffiniau sir Bro Morgannwg. Yr amcangyfrif o gyfanswm y gwerth a gollwyd ym Mro Morgannwg oherwydd pandemig Covid-19 yw £552,782 o werth cymdeithasol, sef gostyngiad o 13.3%, felly mae'n bwysicach nag erioed nawr cynyddu ein hymgysylltu â chymunedau lleol, gan leihau'r bwlch ar gyfer pobl sy'n agored i niwed a grwpiau heb gynrychiolaeth ddigonol a symud heibio i werth cymdeithasol 2019.

Mae 2023 wedi cael dechrau cadarn a byddwn yn gallu edrych yn ôl yn gynnar yn 2024 i fesur y llwyddiant a'r cynnydd rydym wedi'i wneud gan ddefnyddio dangosyddion tebyg.

	2019 [CYN PANDEMIG COVID19]	2022	NEWID
SOCIAL VALUE PER CUSTOMER	£137	£140	2.19% ▲
TOTAL SOCIAL VALUE	£4,157,948	£3,605,166	13.30% ▼
Lles Goddrychol	£2,173,664	£1,997,355	8.11% ▼
Iechyd Corfforol a Meddyliol	£957,398	£667,040	30.32% ▼
Datblygiad Unigol	£33,586	£27,073	19.3% ▼
Lleihau Troseddu	£993,228	£913,629	8.01% ▼
SOCIAL VALUE PER FACILITY	£4,157,949	£3,605,167	13.29% ▼
Canolfan Hamdden Penarth	£1,678,867	£1,267,641	25.48% ▼
Canolfan Hamdden y Barri a Colcot	£1,710,998	£1,595,015	6.78% ▼
Canolfan Hamdden y Bont-faen	£446,723	£353,740	20.82% ▼
Canolfan Hamdden Llanilltud Fawr	£321,361	£388,771	20.78% ▲
TOTAL VISITORS PER YEAR	808,651	615,403	18.84% ▼
Canolfan Hamdden Penarth	287,179	228,588	20.40% ▼
Canolfan Hamdden y Barri a Colcot	363,907	310,794	14.59% ▼
Canolfan Hamdden y Bont-faen	80,192	50,819	36.62% ▼
Canolfan Hamdden Llanilltud Fawr	65,955	66,112	0.23% ▲
SOCIAL VALUE BY HEALTH VARIABLE	£760,285	£547,450	27.99% ▼
Dementia	£286,319	£207,992	27.35% ▼
Strôc CHD	£86,897	£61,781	28.90% ▼
Llai o Ymweliadau â Meddygon Teulu	£38,614	£27,173	29.62% ▼
Diabetes [math 2]	£300,209	£214,501	28.54% ▼
Canser y fron	£25,506	£19,126	25.01% ▼
Canser y colon	£13,217	£9,464	28.39% ▼
Iselder	£9,524	£6,873	27.83% ▼

ADDED SOCIAL VALUE ACROSS THE VALE OF GLAMORGAN

We have commissioned a Social Value report for The Vale of Glamorgan Facilities to allow us to both look back at the effects of the pandemic and to measure the recovery. We will work closely with the Vale of Glamorgan Council, NHS, schools, clubs and local partners to demonstrate our true social value through the delivery of wider social, economic, and environmental benefits.

Throughout 2021, Legacy Leisure generated £16.2m of social value [£2.6m- improved health, £9.2m- improved subjective well-being, £154.5k- increased individual development and £4.2m social and community development]. Legacy Leisure are in the top 30% of the sector for Social Value generated per person.

The 2021 Census indicated a population of 131,800 in the Vale of Glamorgan county boundaries. The estimated total value lost in the Vale of Glamorgan due to Covid-19 pandemic is £552,782 social value, this represents a 13.3% drop, therefore it is more important now than ever to increase our engagement with local communities, narrowing the gap for vulnerable and underrepresented groups and progressing past the 2019 social value.

2023 has made a strong start and we will be able to look back in early 2024 to measure the success and progress we have made using similar indicators.

	2019 [PRE-COVID19 PANDEMIC]	2022	CHANGE
SOCIAL VALUE PER CUSTOMER	£137	£140	2.19% ▲
TOTAL SOCIAL VALUE	£4,157,948	£3,605,166	13.30% ▼
Subjective Well Being	£2,173,664	£1,997,355	8.11% ▼
Physical and Mental Health	£957,398	£667,040	30.32% ▼
Individual Development	£33,586	£27,073	19.3% ▼
Reduced Crime	£993,228	£913,629	8.01% ▼
SOCIAL VALUE PER FACILITY	£4,157,949	£3,605,167	13.29% ▼
Penarth Leisure Centre	£1,678,867	£1,267,641	25.48% ▼
Barry and Colcot Leisure Centre	£1,710,998	£1,595,015	6.78% ▼
Cowbridge Leisure Centre	£446,723	£353,740	20.82% ▼
Llantwit Major Leisure Centre	£321,361	£388,771	20.78% ▲
TOTAL VISITORS PER YEAR	808,651	615,403	18.84% ▼
Penarth Leisure Centre	287,179	228,588	20.40% ▼
Barry and Colcot Leisure Centre	363,907	310,794	14.59% ▼
Cowbridge Leisure Centre	80,192	50,819	36.62% ▼
Llantwit Major Leisure Centre	65,955	66,112	0.23% ▲
SOCIAL VALUE BY HEALTH VARIABLE	£760,285	£547,450	27.99% ▼
Dementia	£286,319	£207,992	27.35% ▼
CHD Stroke	£86,897	£61,781	28.90% ▼
Reduced GP Visits	£38,614	£27,173	29.62% ▼
Diabetes [type 2]	£300,209	£214,501	28.54% ▼
Breast cancer	£25,506	£19,126	25.01% ▼
Colon cancer	£13,217	£9,464	28.39% ▼
Depression	£9,524	£6,873	27.83% ▼

FFRAMWAITH CYMUNEDAU ACTIF BRO MORGANNWG 2023-2028



Byddwn yn cyfrannu at y nodau llesiant Cenedlaethol yn Neddf Llesiant Cenedlaethau'r Dyfodol [2015] drwy weithio ar y cyd i ymgysylltu â'r gymuned gyfan; Llewyrchus, Gwydn, Iachach, Mwy Cyfartal, Diwylliant Bywiog a'r Iaith Gymraeg yn Ffynnu, Cymunedau Cydlynol, Cyfrifol ar Lefel Fyd-eang.

Byddwn yn cyfrannu at y pedwar nod llesiant newydd yng Nghynllun Corfforaethol Bro Morgannwg 2020 - 2025 drwy weithio gyda'n cymunedau ac ar eu rhan, cefnogi dysgu, cyflogaeth a thwf economaidd cynaliadwy, cefnogi pobl gartref ac yn eu cymuned a pharchu, gwella a mwynhau'r amgylchedd lleol.

Cymunedau Gwydn	Cymunedau Mwy Cyfartal	Cymunedau Cydlynus	Cymunedau Iachach	Bro Lewyrchus
<ul style="list-style-type: none"> Darparu mannau diogel i gymryd rhan mewn gweithgarwch corfforol yn y canolfannau a'r gymuned leol ac o'u cwmpas Cynyddu lefelau gweithgarwch ar draws ystod o weithgareddau chwaraeon a hamdden; Ystod o fathau o aelodaeth Campfa a Ffitrwydd Datblygu chwaraeon a chlybiau Ymgysylltu a chefnogi clybiau lleol i annog pobl i gymryd rhan mewn chwaraeon a dod yn fwy actif Gymnasteg Cynnal clwb a digwyddiadau gymnasteg Silverstars YMCA yng nghanolfan hamdden Penarth Creffftau Ymladd Cynnal Carate y Fro yng nghanolfan hamdden y Barri a Karate Kyokushinkai Cymru ym Mhenarth Chwaraeon Dŵr yn darparu llwybr gweithgareddau dŵr i bobl o bob oedran a gallu o Ddysgu Nofio i nofio mewn clwb a chystadlaethau. Badminton yn darparu badminton talu a chwarae ar draws pob safle yn ogystal â badminton i bobl hŷn a badminton iau Pêl Picl Cyflwyno sesiynau Pêl Picl ar draws pob safle yn ogystal â chynnig archebion Pêl Picl Pêl Droed Cyflwyno sesiynau pêl droed galw heibio yng Ngholcot a chynnal sesiynau pêl droed Cardiff Kicks i blant yn y Barri Criced Cynnal sesiynau criced yng Ngholcot i ymgysylltu â chymunedau a chlybiau lleol Sglefrolio Cynnal clwb sglefrio TJ Roller yng Ngholcot, y Barri a Phenarth i annog plant i fwy bywydau actif Cefnogi athletwyr talentog yn lleol drwy'r Rhaglen Athletwyr Addawol 	<ul style="list-style-type: none"> Cyflwyno rhaglen gytbwys o weithgareddau a rhaglenni ar gyfer yr holl drigolion, gydag ymyriadau pellach i ymgysylltu â grwpiau heb gynrychiolaeth ddigonol i leihau anghydradddebau ar draws chwaraeon gan gynnwys ond heb fod yn gyfyngedig i; Plant a Phobl Ifanc, Egni Ieuenctid, dysgu nofio, Gwersylloedd Gwyliau, Gwersylloedd Ymarfer Awyr Agored, Cyrsiau Chwaraeon, Cardiff Kicks, Campfa Iau, Partion, rhaglenni nofio i deuluoedd, sesiynau Teganau Gwynt, AmIchwaraeon, Rhaglen Athletwyr Addawol, cyrsiau Achubwyr Bywyd Rookie Oedolion sy'n heneiddio Tocyn aur, pêl droed cerdded, pêl rwyd cerdded, badminton hŷn, pêl picl, nofio rhatach, nofio am ddim MNADD ar gyfer 60+, Hybiau MSK ar gyfer demograffig sy'n heneiddio [Hwb Da, ESCAPEpain, boreau coffi Arthritis Action] Grwpiau lles Merched a Genethod i ferched, grŵp Menopals misol, nofio i ferched yn unig, ymgyrch Merched mewn Chwaraeon Pobl ag anabledd Cyfleusterau cynhwysol, nofio hygrych, teclynnau codi yn y pwll, aelodaeth am ddim i ofalwyr, uwchsgilio staff, ymgysylltu â New Horizons Pobl o gymunedau economaidd-gymdeithasol isel ar draws Llanilltud Fawr a'r Barri byddwn yn parhau i ddarparu gweithgareddau a chymhellion fforddiadwy yn ogystal â chefnogi a chynnal digwyddiadau cymunedol lleol 	<ul style="list-style-type: none"> Cydnabod yr effaith economaidd a chymdeithasol y mae hamdden yn ei chael yn y gymuned drwy barhau i fuddsoddi mewn cyfleusterau, gwasanaethau a rhaglenni i gynyddu cyfranogiad mewn chwaraeon a gweithgaredd corfforol gyda thechnoleg newydd a rhywddineb archebu Buddsoddi mewn Rheolwr Cymunedau Actif llawn amser ar draws Bro Morgannwg i weithio gyda'r Tîm Datblygu Chwaraeon a phartneriaid Hyrwyddo gweithgarwch corfforol a chwaraeon fel ffordd o gysylltu cymunedau drwy ymgysylltu â phartneriaid, rhanddeiliaid a grwpiau cymunedol i gyraedd grwpiau heb gynrychiolaeth ddigonol drwy farchnata wedi'i dargedu a'i deilwra Ymateb i anghenion cymunedol i ddatblygu mentrau drwy ymgynghori ag ysgolion, arolygon cymunedol ac adborth defnyddwyr presennol Cymryd rhan mewn rhydwethiau lleol, cefnogi grwpiau cymunedol i gael mynediad i'r cyfleusterau ar gyfer cyfarfoddydd cymunedol Annog cymunedau i ddefnyddio'r cyfleusterau a'r gwasanaethau, gan gefnogi ymgyrchoedd cenedlaethol gan gynnwys; Diwrnod Ffitrwydd Cenedlaethol, diwrnod trwynau coch ac ati i ysbrydoli pobl i fod yn actif gyda'i gilydd Cefnogaeth i leihau ymddygiad gwrthgymdeithasol ar draws y gymuned gyfagos drwy ddarparu sesiynau galw heibio i leuencid yn mhob canolfan hamdden yn y Fro gan roi cyfle i bobl ifanc 11 i 16 oed roi cynnig ar weithgareddau newydd am ddim, sy'n cael eu cyllido gan ddatblygiad chwaraeon y Fro 	<ul style="list-style-type: none"> Ymgysylltu ag Ymddiriedolaeth GIG Caerdydd a'r Fro, Bwrdd Iechyd Prifysgol Caerdydd a'r Fro a phartneriaid a darparwyr iechyd lleol eraill i barhau i ddatblygu a chynnal mentrau iechyd ar draws safleoedd CH y Barri i ddod yn Ganolfan Iechyd Cyhyrsgerbydol, gan gefnogi pobl sy'n byw gyda chyflyrau MSK i fwy bywydau actif drwy gyrsiau ESCAPEpain, dosbarthiadau dŵr a thir Hwb Da a boreau coffi wythnosol Arthritis Action am ddim Darparu cyfleoedd ar gyfer gwel iechyd meddyliol a chorfforol drwy gynnal a hyrwyddo'r Cynllun Cenedlaethol i Gyfeirio Cleifion at Ymarfer Corff, adsefydlu cardiaidd, strôc, gordewdra ac ati. Darparu aelodaeth am bris is i holl gyfranogwyr NERS i'w hannog i fwy bywyd actif, iach a hapus Cefnogi gweithlu iach Darparu cyrsiau Maeth er Lles ar-lein, fforddiadwy i gwsmeriaid a chymunedau gael mynediad atynt: Hanfodion Llesiant drwy faeth, Cefnogi'r Menopos drwy faeth, Cefnogi maeth ar gyfer cyflyrau MSK, Cefnogi lles emosiynol drwy faeth a Chefnogi hybu imiwneidd 	<ul style="list-style-type: none"> Annog gweithlu hapus ac iach, gan ddarparu aelodaeth am ddim i staff, cefnogaeth iechyd meddwl a lles a buddion staff Darparu rhaglen hyfforddi gynhwysfawr i staff drwy People XD, yn unol â CIMSPA ac achrediaidau cenedlaethol i ymgyddu datblygiad sgiliau a hyfforddiant Darparu cyrsiau chwaraeon penodol i staff i gynorthwyo mentrau datblygu chwaraeon Darparu cyfleoedd i brentisiaid a gwirfoddolwyr, gan wella sgiliau i gefnogi cyflogaeth leol Parhau i weithio gyda darparwyr addysg fel Portal yn unol â chyrsiau chwaraeon, lleoliadau a phrofiad yn y diwydiant hamdden Sicrhau bod ansawdd pob darparwr allanol yn cael ei wirio drwy'r Safonau Defnydd Isafswm a Chytundebau Lefel Gwasanaeth Hyrwyddo cynhwysiant, gan ddarparu cyfleoedd cyfartal ar gyfer lleoliadau / gwaith i bobl gan gynnwys grwpiau heb gynrychiolaeth ddigonol Darparu aelodaeth am ddim i ofalwyr a phobl sy'n derbyn budd-dal treth gyngor llawn gydag aelodaeth am bris is ar draws yr holl gyfleusterau i'w hannog i fwy bywydau actif Ymgysylltu â gweithleoedd lleol i annog gweithlu actif a hapus drwy docynnau aelodaeth gorfforaethol 7 diwrnod 'Addas ar gyfer Busnes'

Ein hymrwymiad yng Nghymru

Cefnogi diwylliant bywiog lle mae'r Gymraeg yn ffynnu - Bydd arwyddion a deunyddiau marchnata'n cael eu cyfieithu i'r Gymraeg ac ar gael yn y Gymraeg i hyrwyddo rôl chwaraeon a gweithgarwch corfforol fel elfen annatod o fywiogrwydd diwylliannol cenedlaethol a lleol.

Cyfrannu at fod yn 'gyfrifol yn fyd-eang' ar draws y Fro - Gan ystyried effaith hamdden ar yr amgylchedd, byddwn yn lleihau effeithiau amgylcheddol y gwasanaethau drwy ymrwmo i leihau allyriadau carbon ar draws y busnes a chefnogi strategaethau argyfwng hinsawdd perthnasol ein partneriaid drwy reolaeth amgylcheddol ac ynni drygrydol a defnydd effeithlon o ynni drwy gydol ein gweithrediadau. Ein nod yw lleihau allyriadau nwyon tŷ gwydr cwmpas 1 a 2 ar gyfer yr holl asedau sy'n eiddo i Parkwood i sero erbyn 2040, o flaen targedau Llywodraeth y DU, a chefnogi uchelgeisiau ein partner drwy gydweithio i gyflawni eu nodau priodol.

ACTIVE COMMUNITIES FRAMEWORK THE VALE OF GLAMORGAN 2023-2028



We will contribute to the National well-being goals within the Well Being of Future Generations Act [2015] by working collaboratively to engage the whole community; Prosperous, Resilient, Healthier, More Equal, Vibrant Culture and Thriving Welsh Language, Cohesive Communities, Globally responsible.

We will contribute to the four new well-being objectives in the Vale of Glamorgan Corporate Plan 2020 - 2025 by working with and for our communities, supporting learning, employment and sustainable economic growth, supporting people at home and in their community and respecting, enhancing and enjoying the local environment

Resilient Communities	More Equal Communities	Cohesive Communities	Healthier Communities	A Prosperous Vale
<ul style="list-style-type: none"> Providing safe places to engage in physical activity in and around the centres and local community Increasing activity levels across a range of sports and leisure activities; Gym and Fitness range of membership types Sport and club developmentEngage and support local clubs to encourage people to take part in sport and become more active Gymnastics Host YMCA Silverstars Gymnastics club and events at Penarth leisure centre Martial Arts Host Vale Karate at Barry leisure centre and Welsh Kyokushinkai Karate at Penarth Aquatics provide people of all ages and abilities with an aquatics pathway from Learn to Swim through to club and competition swimming Badminton provide pay as you go badminton across all sites as well as ageing badminton and junior badminton PickleBall Deliver Pickleball sessions across all sites as well as offering Pickleball bookings Football Deliver drop-in football sessions at Colcott and host Cardiff Kicks football sessions for children at Barry Cricket Host cricket sessions at Colcot to engage local communities and clubs Roller Skating Host TJ Roller skating club at Colcot, Barry and Penarth to encourage children to lead active lives Support talented athletes locally through the Promising Athletes Programme 	<ul style="list-style-type: none"> Deliver a balanced programme of activities and programmes for all residents, with further interventions to engage underrepresented groups to reduce inequalities across sport including but not limited to; Children and Young People Energise Youth, learn to swim, Holiday Camps, Outdoor Boot Camps, Sports Courses, Cardiff Kicks, Junior Gym, Parties, family swimming programmes, Inflatable sessions, Multisports, Promising Athlete Programme, Rookie Lifeguard courses Ageing adults Golden pass, walking football, walking netball, Ageing badminton, Pickleball, concessionary swim, FSI free swimming for 60+, MSK Hubs for ageing demographic [Good Boost, ESCAPEpain, Arthritis Action coffee mornings] Women and Girls well-being groups for women, monthly Menopals group, womenonly swimming, Women in Sport campaign People with a disability Inclusive facilities, accessibility swimming, pool hoists, free carer memberships, upskilling staff, engaging with New Horizons People from low socioeconomic communities across Llantwit Major and Barry we will continue to provide affordable activities and incentives plus supporting and hosting local community events 	<ul style="list-style-type: none"> Recognising the economic and social impact leisure has in the community by continuing to Invest in facilities, services and programmes to Increase participation in sport and physical activity with new technology and ease of booking Invest in a full time Active Communities Manager across the Vale of Glamorgan to work with the Sport Development Team and partners Promoting physical activity and sport as a way to connect communities by engaging partners, stakeholders and community groups to reach underrepresented groups through targeted and tailored marketing Responding to community needs to develop initiatives through school consultation, community surveys and existing user feedback Engaging in local networks, supporting community groups to access the facilities for community meetings Encourage communities to access the facilities and services, supporting national campaigns including; National Fitness day, red nose day etc. to inspire people to be active together Support with reducing antisocial behaviour across the surrounding community by providing Youth drop-in sessions at all Vale leisure centre giving 11-16 year old an opportunity to try new activities free of charge, funded by Vale sports development 	<ul style="list-style-type: none"> Engage Cardiff and Vale NHS Trust, Cardiff and Vale University Health Board and other local health partners and providers to continue to develop and host health initiatives across sites Barry LC to become an Musculoskeletal Health Hub, supporting people living with MSK conditions to lead active lives through ESCAPEpain courses, Good Boost aqua and land classes and free weekly Arthritis Action coffee mornings Provide opportunities for improved mental and physical health by hosting and promoting the National Exercise Referral Scheme cardiac rehab, stroke, obesity etc. Providing a reduced membership to all NERS participants to encourage them to lead an active, healthy and happy life Supporting a healthy workforce Providing affordable online Nutrition for well-being courses for customers and communities to access: The fundamentals of well-being through nutrition, Supporting Menopause through nutrition, Nutrition support for MSK conditions, Supporting emotional well-being through nutrition and Immune boosting support 	<ul style="list-style-type: none"> Encourage a happy and healthy workforce, providing staff with a free membership, mental health and well-being support and staff benefits Providing a comprehensive training programme to staff through People XD, in line with CIMSPA and national accreditations to increase development of skills and training Provide staff with sport specific courses to aid sport development initiatives To provide apprentice and volunteer opportunities, enhancing skills to support local employment Continue to work with education providers such as Portal in line with sports courses, placements and leisure industry experience Ensure all external deliverers are quality checked through Minimum Standards of Deployment and Service Level Agreements Champion inclusion, providing equal opportunities for placements/ work for people including underrepresented groups Provide carers with a free membership and people in receipt of full council tax benefit with a reduced membership across all facilities to encourage them to lead active lives Engage local workplaces to encourage an active and happy workforce through corporate memberships 'Fit for Business' 7 day passes

Our commitment in Wales

Supporting a vibrant culture and thriving Welsh language - Signage and marketing materials will be translated to and available in the Welsh language to promote the role of sport and physical activity as an integral element of national and local cultural vibrancy.

Contribute to being 'globally responsible' across the Vale - Taking account of the impact of leisure on the environment, we will minimise environmental impacts of the services by committing to reducing carbon emissions across the business and support our partner's respective climate emergency strategies through responsible environmental and energy management and the efficient use of energy throughout our operations. Our aim is to reduce scope 1 and 2 greenhouse gas emissions for all Parkwood owned assets to zero by 2040, ahead of UK Government targets and support our partner's ambitions through collaboration to achieve their respective goals.

CYMUNEDAU GWYDN

Cenhadaeth Legacy Leisure yw creu a chynnal partneriaethau cynaliadwy, parhaol i helpu i greu cymunedau lleol hapusach ac iachach. Rydym yn parhau i fod yn gwbl ymrwymedig i gyflawni canlyniadau lleol a chenedlaethol yn unol â darpariaethau a phartneriaethau presennol. Er mwyn cefnogi Bro Morgannwg gydnherth a lleihau'r bwlch anghydraddoldebau a lefelau anweithgarwch ymhellach, byddwn yn targedu rhaglenni ar draws y cymdogaethau blaenoriaeth o amgylch ein canolfannau, yn enwedig yn ardaloedd mwyaf difreintiedig y Barri a Llanilltud Fawr, gan fod y cymunedau hyn gryn dipyn yn llai actif o gymharu â'r rhai sy'n byw yn yr ardaloedd mwy cefnog.

Er mwyn cynyddu lefelau gweithgarwch yn y Fro byddwn yn parhau i weithio gyda'r tîm Datblygu Chwaraeon i gyflwyno gweithgareddau fel Pêl Droed Cerdded, Pêl Rwyd Cerdded a'r fenter nofio am ddim mewn 3 o'n canolfannau yn y Fro. Byddwn yn parhau i fuddsoddi mewn cyfleusterau, adnoddau a rhaglenni a byddwn yn gweithio ar y cyd â phartneriaid lleol a chenedlaethol, clybiau chwaraeon a Chyrff Rheoli Cenedlaethol i hyrwyddo a chynyddu cyfranogiad chwaraeon tra hefyd yn cefnogi athletwyr talentog ar draws Bro Morgannwg gyda'n Rhaglen Athletwyr Addawol. Byddwn yn cynnal ac yn gwella amgylchedd naturiol bioamrywiol gydag ecosystemau iach gweithredol sy'n cynnal gwytnwch cymdeithasol, economaidd ac ecolegol a'r gallu i addasu i newid, er enghraifft newid yn yr hinsawdd.

RHAGLEN	MANYLION A CHANLYNIADAU
Campfa a Ffitrwydd	Cynnig amrywiaeth fforddiadwy o fathau o aelodaeth i gefnogi ac annog pawb i fyw bywydau actif. Gyda chyflwyno ein haelodaeth ieuencid newydd i roi cyfle i'n haelodau iau gymryd rhan mewn sesiwn campfa dan oruchwyliaeth i wella eu talent chwaraeon neu'r rhai sy'n dymuno hyfforddi'n annibynnol i wella lefelau ffitrwydd a lles meddyliol.
Datblygu chwaraeon a chlybiau	Ymgysylltu â chlybiau lleol a'u cefnogi i ddarparu cartref i glybiau gymnasteg, crefftau ymladd a nofio i annog pobl i gymryd rhan mewn chwaraeon drwy gynnal galas, cystadlaethau gymnasteg a thwrnameintiau i arddangos a hyrwyddo'r gweithgareddau hyn i bob oedran a gallu.
Gymnasteg	Cynnal clwb Gymnasteg Silverstars YMCA ym Mhenarth ar gyfer pob oedran a gallu i ddatblygu sgiliau hanfodol a ffyniant twf personol, yn ogystal â chynnal digwyddiadau gymnasteg, cystadlaethau ac arddangosfeydd i arddangos eu talent a hyrwyddo'r clwb.
Crefftau Ymladd	Cynnal Carate'r Fro yng nghanolfan hamdden y Barri a Karate Kyokushinkai Cymru ym Mhenarth ar gyfer pob oedran a gallu. Targedu a gwella hunanamddiffyn a hyder drwy dechnegau hyfforddi disgybledig. Addas i oedolion a phlant o bob oedran a gallu.
Gweithgareddau Dŵr	Drwy ein perthynas â Nofio Cymru rydym yn darparu rhaglen dysgu nofio i oedolion a phlant, yn ogystal â darparu ystod eang o weithgareddau dŵr ar gyfer pob oedran a gallu gan gynnwys sesiynau teganau gwynt hwyliog mewn pyllau yn ogystal â chynnig sesiynau nofio achlysurol a theuluol, Aerobics Dŵr, Ffitrwydd Dŵr, Canu a Nofio a Hwb Da.
Badminton	Darparu badminton talu a chwarae ar draws pob safle i bob oedran ei fynychu. Cynnig sesiynau badminton 50+ wythnosol i alluogi gweithgarwch cymdeithasol mwy actif. Cynnal clybiau badminton yn y Barri a Cholcot i gyfeirio aelodau atynt, os ydynt yn dymuno chwarae'n gystadleuol.
Pêl Picl	Cyflwyno sesiynau grŵp Pêl Picl 50+ wythnosol ar draws 3 safle yn y Fro yn ogystal â chynnig sesiynau Pêl Picl ad-hoc y gall pobl eu harchebu a fydd yn cynnwys ffitrwydd i bob oedran a gallu. Cyllidwyd y gweithgaredd hwn gan dîm Datblygu Chwaraeon Bro Morgannwg.
Pêl Droed	Cyflwyno sesiynau pêl droed galw heibio yn y Barri a Cholcot, a gynhelir gan Cardiff Kicks a datblygu chwaraeon wedi'u hanelu at blant 8+ oed i ddatblygu a gwella sgiliau a thechnegau pêl droed.
Criced	Cynnal sesiynau criced yng Ngholcot i ymgysylltu â chymunedau a chlybiau lleol. Darparu cyfleusterau ac offer i glybiau criced eu llogi a'u hyrwyddo i'r gymuned leol.
Sglefrolio	Cynnal clwb Sglefrio TJ Roller a Chlwb Sglefrio Artistig Morgannwg yng Ngholcot, y Barri a Phenarth i ddarparu gweithgaredd hwyliog i oedolion a phlant a hefyd annog plant i fyw bywydau actif.
Cefnogi athletwyr talentog	Cefnogi athletwyr talentog yn lleol drwy'r rhaglen athletwyr addawol [Cynllun PAP] a gefnogir gan gyngor Bro Morgannwg. Byddwn yn parhau i gefnogi a meithrin talent leol i wella yn eu dewis o gamp drwy gynnig aelodaeth 12 mis am ddim.
Pêl Fasged	O ganlyniad i'r arolwg chwaraeon ysgol, canfuwyd bod Pêl Fasged yn weithgaredd y mae galw mawr amdano ac mae Tîm Datblygu Chwaraeon Bro Morgannwg wedi cytuno i gyllido cymhwyster y bydd Canolfan Hamdden y Barri yn ei gyflwyno. Cefnogi darpariaeth pêl fasged ychwanegol ar draws cyfleusterau hamdden y Fro.

RESILIENT COMMUNITIES

Legacy Leisure's mission is to create and maintain sustainable, lasting partnerships to help build happier and healthier local communities. We remain fully committed to achieving local and national outcomes in line with existing provisions and partnerships. To support a resilient Vale of Glamorgan and further reduce the inequalities gap and inactivity levels, we will target programmes across the priority neighbourhoods surrounding our centres especially in the most deprived areas of Barry and Llantwit Major, as these communities are significantly less active when compared to those living in the more affluent areas.

In order to raise activity levels in the Vale we will continue to work with the Sports Development team to deliver activities such as Walking Football, Walking Netball and the free swim initiative in 3 of our centres in the Vale. We will continue to invest in facilities, resources and programmes and will work collaboratively with local and national partners, sports clubs and National Governing Bodies to promote and increase sports participation whilst also supporting talented athletes across the Vale of Glamorgan with our Promising Athlete Programme. We will maintain and enhance a biodiverse natural environment with healthy functioning ecosystems that support social, economical and ecological resilience and the capacity to adapt to change for example climate change.

PROGRAMME	DETAIL AND OUTCOMES
Gym and Fitness	Offer an affordable range of membership types to support and encourage all people to lead active lives. With the introduction of our new youth membership to provide an opportunity for our younger members to take part in a supervised gym session to improve on their sporting talent or those wishing to train independently to improve fitness levels and mental well-being.
Sport and club development	Engage with and support local clubs to provide a home for gymnastics, martial arts and swimming clubs to encourage people into sport by hosting galas, gymnastic competitions and tournaments to showcase and promote these activities to all ages and abilities.
Gymnastics	Host YMCA Silverstars Gymnastics club at Penarth for all ages and abilities to develop essential skills and thrive in personal growth, as well as hosting gymnastics events, competitions and displays to showcase their talent and promote the club.
Martial Arts	Host Vale Karate at Barry leisure centre and Welsh Kyokushinkai Karate at Penarth for all ages and abilities. Targeting and improving self defence and confidence through disciplined training techniques. Suitable to both adults and children of all ages and abilities.
Aquatics	Through our relationship with Swim Wales we provide both adults and children with a learn to swim programme, Plus providing a broad range of aquatic activities for all ages and abilities to include, Fun pool inflatable sessions as well as offering casual and family swimming sessions, Aqua Aerobics, Aqua fit, Sing and Swim and Good Boost.
Badminton	Provide pay as you go badminton across all sites for all ages to attend. Offer weekly 50+ badminton sessions to enable a more active social activity. Host badminton clubs at Barry and Colcot to signpost members to, should they wish to play competitively.
Pickleball	Deliver weekly 50+ group Pickleball sessions across 3 sites in the Vale as well as offering ad-hoc Pickleball sessions that people can book that will include all ages and abilities of fitness. This activity was funded by the Vale of Glamorgan Sports Development team.
Football	Deliver drop-in football sessions at Barry and Colcot, hosted by Cardiff Kicks and sports development aimed at children aged 8+ years to develop and enhance football skills and techniques.
Cricket	Host cricket sessions at Colcot to engage local communities and clubs. Providing facilities and equipment for cricket clubs to hire and promote to the local community.
Roller Skating	Host TJ Roller Skating club and Glamorgan Artistic Skating club at Colcot, Barry and Penarth to provide a fun activity for both adults and children whilst encouraging children to lead active lives.
Support talented athletes	Support talented athletes locally through the promising athletes programme [PAP Scheme] which is supported by the Vale of Glamorgan council. We will continue to support and nurture local talent to improve in their chosen sport by offering a free 12 month membership.
Basketball	As a result of the school sports survey it has been identified that Basketball is a much needed activity which the Vale of Glamorgan Sports Development has agreed to fund a qualification that Barry Leisure Centre will deliver. To support additional basketball provision across the Vale leisure facilities.

CYMUNEDAU MWY CYFARTAL

Byddwn yn anelu at gyflwyno gweithgareddau newydd a chyffrous o fewn holl ganolfannau hamdden y Fro i ddarparu ar gyfer pob demograffig. Er mwyn cefnogi Bro Morgannwg 'fwy cyfartal', byddwn yn pontio'r bwlch anghydraddoldeb, gan dargedu rhaglenni ar draws cymdogaethau blaenoriaeth i annog cymaint o oedolion a phlant i heneiddio'n dda a byw bywydau iach, actif. Yn y Cynllun Cymunedau Actif hwn yn y Fro ein nod ni yw edrych ar ffyrdd o helpu i gynyddu cyfranogiad drwy amrywiaeth o weithgareddau a sesiynau cynhwysol. Byddwn yn gweithio gyda phartneriaid allweddol ar draws y Fro, fel tîm Datblygu Chwaraeon y Cynghor i godi proffil ein canolfannau a darparu prosiectau pellach a mynediad i chwaraeon a gweithgarwch corfforol ar gyfer y cymunedau cyfagos.

Byddwn yn darparu gwrsyloedd chwaraeon mewn dwy o'r canolfannau hamdden yn y Fro i alluogi plant i gymryd rhan mewn gweithgarwch corfforol hwyliog yn ystod y gwyliau, ochr yn ochr â gweithredu gweithgareddau teuluol i annog teuluoedd i ymarfer gyda'i gilydd i hyrwyddo ffordd iach o fyw o oedran ifanc.

RHAGLEN	MANYLION A CHANLYNIADAU
Cyrraedd cymunedau a grwpiau	Ymgysylltu â phartneriaid lleol, rhanddeiliaid, grwpiau cymunedol gan gynnwys gwasanaethau cymdeithasol ac oedolion, Cadw'n Heini Cymru a thîm maeth a dieteteg y GIG i gyrraedd grwpiau heb gynrychiolaeth ddigonol gan gynnwys plant a phobl ifanc, oedolion sy'n heneiddio, merched a genethod, pobl ag anableddau, cymunedau economaidd-gymdeithasol isel gan gynnwys Y Barri a Llanilltud Fawr. Datblygu marchnata wedi'i dargedu a'i deilwra i gyrraedd grwpiau blaenoriaeth yn effeithiol, gan gynnwys cyfryngau cymdeithasol.
Rhaglen gytbwys o weithgareddau i bawb	Cyflwyno rhaglen gytbwys o weithgareddau a rhaglenni ar gyfer yr holl drigolion, gydag ymyriadau pellach i ymgysylltu â grwpiau heb gynrychiolaeth ddigonol i leihau anghydraddoldebau ar draws chwaraeon, gan gynnwys, ond heb fod yn gyfyngedig i'r gweithgareddau isod ar gyfer pob demograffig â blaenoriaeth.
Oedolion sy'n heneiddio	<p>Tocyn aur - Byddwn yn parhau i gefnogi tîm Datblygu Chwaraeon Bro Morgannwg i ddarparu gweithgareddau am ddim i bobl dros 60 oed ym mhob un o'r 4 canolfan ar draws y Fro drwy Docyn Aur.</p> <p>Pêl Droed Cerdded - Dechreuodd y gweithgaredd hwyliog cyffrous hwn fel cynllun Tocyn Aur ac mae bellach wedi datblygu i fod yn glwb sy'n hyfforddi gyda ni'n wythnosol ac wedi dechrau cystadlu mewn twrnameintiau. Pêl Rwyd Cerdded - Darparu sesiynau pêl rwyd dwysedd isel yn targedu pobl 60+ sy'n darparu ar gyfer pob gallu o ffitrwydd, gan ddenu defnyddwyr newydd a phresennol i'r ganolfan.</p> <p>Badminton hŷn - Byddwn yn parhau i hyrwyddo'r gweithgaredd hwn ymhlith y demograffig sy'n heneiddio i ddarparu gweithgareddau effaith isel sy'n darparu ar gyfer ein trigolion 60+ sydd hefyd yn darparu agwedd gymdeithasol a fydd yn mynd i'r afael ag unigrwydd.</p> <p>Pêl Picl - Byddwn yn parhau i gynnig aelodaeth am bris is i'n haelodau 60+, gan wneud gweithgareddau'n fforddiadwy, yn gymdeithasol ac yn hwyl.</p> <p>Gweithgareddau Dŵr - Nofio rhatach i bobl 60+, nofio am ddim MNADd i bobl 60+. Byddwn yn parhau i weithio gyda Chwaraeon Cymru a Chyngor Bro Morgannwg i ddarparu sesiynau nofio am ddim i'n trigolion 60+ ar draws 3 o'n canolfannau yn y Fro.</p> <p>Hybiau MSK ar gyfer demograffig sy'n heneiddio [Hwb Da, ESCAPE-pain, boreau coffi Arthritis Action]. Dosbarth hyblyg sy'n ymateb i allu, hyder dŵr a ffocws pob unigolyn. Perffaith ar gyfer dychwelyd at ymarfer corff, adeiladu hyder a ffitrwydd. Yn addas ar gyfer adfer o anaf neu reoli cyflyrau cyhyrsgerberbydol yn ogystal â gwella lles cyffredinol.</p>
Merched a Genethod	<p>Well-being groups for women - Making sure that women in the Vale feel comfortable to attend a fitness class suitable to their needs and requirements. We have implemented a Women's well-being Menopause group at Penarth to assist with the symptoms of menopause.</p> <p>Monthly Menopals group - We have linked with Menopals, who is a group of nutritionists and GP's that meet once a month to provide support to women in the Vale who are suffering with menopause, giving them the opportunity to speak to other women experiencing the same symptoms.</p> <p>Women-only swimming is a great session which also provides women from ethnic and other minority groups to swim in a safe environment.</p>

MORE EQUAL COMMUNITIES

We will aim to introduce new and exciting activities within all Vale leisure centres to cater for every demographic. To support a 'more equal' Vale of Glamorgan, we will bridge the inequality gap, targeting programmes across priority neighbourhoods to encourage as many adults and children to age well and live healthy, active lives. Within this Vale Active Communities Plan we aim to look at ways to help increase participation through a range of inclusive activities and sessions.

We will work with key partners across the Vale such as The Council's Sports Development team to raise the profile of our centres and provide further projects and access to sport and physical activity for the surrounding communities. We will deliver sports camps in two of the leisure centres in the Vale to enable children to take part in fun physical activity during the holidays, alongside implementing family activities to encourage families to exercise together to promote a healthy lifestyle from a young age.

PROGRAMME	DETAIL AND OUTCOMES
Reaching communities and groups	Engaging local partners, stakeholders, community groups including Social and adult services, Get fit Wales and the NHS nutrition and dietetics team to reach under-represented groups including children and young people, ageing adults, women and girls, people with disabilities, low-socioeconomic communities including Barry and Llantwit Major. Develop targeted and tailored marketing to effectively reach priority groups including social media.
A balanced programme of activities for all	Deliver a balanced programme of activities and programmes for all residents, with further interventions to engage under-represented groups to reduce inequalities across sport including but not limited to the below activities for each priority demographic.
Ageing adults	<p>Golden pass - We will continue to support Vale of Glamorgan Sports Development team to provide free activities for over 60's in all 4 centres across the Vale through a Golden Pass.</p> <p>Walking Football - This fun exciting activity started as a Golden Pass scheme and has now developed into a club who train with us weekly and have started competing in tournaments. Walking Netball - To provide low intensity Netball sessions targeting our 60+ which caters for all abilities of fitness, attracting new and existing users to the centre.</p> <p>Ageing badminton - We will continue to promote this activity amongst the ageing demographic to provide low impact activities that cater for our 60+ residents which also provide a social aspect which will combat loneliness.</p> <p>Pickleball - We will continue to offer a concession membership to our 60+ members, making activities affordable, social and fun.</p> <p>Aquatics - 60+ Concessionary swim, FSI free swimming for 60+. We will continue to work with Sport Wales and Vale of Glamorgan Council to provide our 60+ residents with free swimming sessions across 3 of our centres in the Vale.</p> <p>MSK Hubs for ageing demographic [Good Boost, ESCAPE-pain, Arthritis Action coffee mornings]. An adaptable class that responds to each individual's ability, water confidence and focus. Perfect for returning to exercise, building confidence and fitness. Suitable for recovery from injury or managing musculoskeletal conditions as well as improving overall well-being.</p>
Women and Girls	<p>Well-being groups for women - Making sure that women in the Vale feel comfortable to attend a fitness class suitable to their needs and requirements. We have implemented a Women's well-being Menopause group at Penarth to assist with the symptoms of menopause.</p> <p>Monthly Menopals group - We have linked with Menopals, who is a group of nutritionists and GP's that meet once a month to provide support to women in the Vale who are suffering with menopause, giving them the opportunity to speak to other women experiencing the same symptoms.</p> <p>Women-only swimming is a great session which also provides women from ethnic and other minority groups to swim in a safe environment.</p>

RHAGLEN	MANYLION A CHANLYNIADAU
Plant a Phobl Ifanc	<p>Egni Ieuenctid - Cynllun i annog a chefnogi pobl ifanc 11 i 16 oed i ddod yn fwy actif yn gorfforol drwy gynnig aelodaeth 3 mis i roi cynnig ar wahanol weithgareddau sy'n cael eu cyllido gan Dîm Datblygu Chwaraeon Bro Morgannwg.</p> <p>Darpariaeth Gweithgareddau Dŵr i Blant a Phobl Ifanc: Dysgu Nofio - Mae Dysgu Nofio yn rhaglen a fydd yn sicrhau bod pob plentyn yn gallu nofio 25 metr erbyn Blwyddyn 6 ar ôl cymryd rhan mewn gwersi nofio yn yr ysgol. Rhaglenni nofio i'r teulu - Mae ein sesiynau nofio i'r teulu yn darparu amser o ansawdd i'r teulu cyfan nofio a chael hwyl. Ym Mhenarth mae gennym lithren ddŵr ar gyfer hwyl a chyffro ychwanegol. Sesiynau teganau gwynt - Rydym yn darparu chwarae meddal hwyliog a phartïon teganau gwynt yn y pwll i blant ledled y Fro. Gwersylloedd a Phartïon chwaraeon yn ystod y gwyliau - Bydd gwersylloedd chwaraeon yn gyfle i blant 5 i 11 oed gymryd rhan mewn gweithgareddau hwyliog yn ystod y gwyliau. Cael y cyfle i roi cynnig ar wahanol chwaraeon, cymdeithasu gyda ffrindiau a dal ati i fod yn actif mewn amgylchedd hwyliog a diogel.</p> <p>Gwersylloedd a Phartïon chwaraeon yn ystod y gwyliau - Bydd gwersylloedd chwaraeon yn gyfle i blant 5 i 11 oed gymryd rhan mewn gweithgareddau hwyliog yn ystod y gwyliau. Cael y cyfle i roi cynnig ar wahanol chwaraeon, cymdeithasu gyda ffrindiau a dal ati i fod yn actif mewn amgylchedd hwyliog a diogel.</p> <p>Gwersylloedd ymarfer awyr agored - Mae'r gwersylloedd ymarfer awyr agored i blant iau yn rhai tymhorol ac yn rhoi cyfle i blant 11 oed a hŷn gymryd rhan yn y sesiwn ymarfer llawn hwyl yma.</p> <p>Cardiff Kicks - Mae clwb pêl droed Dinas Caerdydd yn gweithio ar y cyd â'r tîm Datblygu Chwaraeon i gyflwyno sesiwn pêl droed galw heibio i blant 8 i 14 oed. Bydd y sesiwn yn cyflwyno sgiliau pêl droed hwyliog i annog plant i gymryd rhan yn y gweithgaredd hwn.</p> <p>Campfa iau - Mae campfa iau yn gyfle gwych i blant nad ydynt yn cymryd rhan mewn chwaraeon tîm ymarfer yn annibynnol, gwella ffitrwydd, symudedd a chryfder a hefyd gwella iechyd a lles cyffredinol.</p> <p>Aml-chwaraeon - Mae Aml-chwaraeon yn amrywiaeth hwyliog a chyffrous o weithgareddau, fel Pêl Osgoi, hwyl Parasiwt, gemau ffitrwydd a llawer mwy i gadw'r rhai bach yn actif ac yn cymryd rhan.</p> <p>Rhaglen Athletwyr Addawol - Bydd ein rhaglen athletwyr addawol yn rhoi aelodaeth 12 mis am ddim i athletwyr ifanc i hyfforddi a gwella eu perfformiad ar gyfer eu dewis o gamp. Ein nod ni yw Cefnogi athletwyr ledled Cymru i gyflawni rhagoriaeth mewn chwaraeon.</p> <p>Cyrsiau achubwyr bywyd Rookie - Bydd y rhaglen Achubwyr Bywyd Rookie yma'n helpu plant i gael y teimlad o sut beth fyddai bod yn achubwr bywyd drwy wahanol ddulliau a thechnegau hyfforddi sydd eu hangen i ddod yn achubwr bywyd, gyda'r gobaith y byddant yn dewis dod yn achubwr bywyd ryw ddydd.</p>
Pobl ag anabledd	<p>Cyfleusterau cynhwysol - Mae ein cyfleusterau'n darparu teclyn codi ar gyfer mynediad hawdd i'r pwll gyda grisiau bas a chanllaw yn y Barri a Phenarth. Teclyn codi ar gyfer mynediad hawdd i'r jacuzzi yng nghanolfan hamdden Penarth a'r Bont-faen gyda chyfleusterau newid a chawod y gellir eu haddasu. Mae gennym lifft ym mhob canolfan ynghyd â ramp ar gyfer mynediad hawdd. Mae pob canolfan yn darparu toiledau a manau parcio i'r anabl.</p> <p>Nofio hygyrch a mynediad i ystafelloedd iechyd - Rydym yn darparu sesiynau nofio hygyrch ar draws 3 safle yn y Fro.</p> <p>Aelodaeth am ddim i ofalwyr - Bydd gofalwyr sy'n dod â'u cleientiaid i'r ganolfan ar gyfer gweithgareddau fel Aerobics Dŵr, Hwb Da, Campfa, Badminton, Nofio yn derbyn aelodaeth am ddim.</p> <p>Uwchsgilio staff - Bydd ein hyfforddwyr campfa lefel 3 yn cael eu uwchsgilio i atgyfeiriad lefel 4 i'w galluogi i arwain y sesiwn Escape-pain a Chylchedau.</p> <p>Ymgysylltu â New Horizons - Gweithio gyda'r grŵp New Horizons a'r gwasanaethau cymdeithasol i Oedolion i ddarparu mynediad i'r pwll a sesiwn ymarfer grŵp a fynychir gyda gofalwr.</p>
Pobl o gymunedau economaidd-gymdeithasol isel - Llanilltud Fawr a'r Barri	<p>Gweithgareddau Fforddiadwy / Cymhellion - Rydym yn darparu mynediad am ddim i'n canolfannau i roi cynnig ar ein cyfleusterau drwy docyn 3 diwrnod am ddim sydd ar gael naill ai yn y ganolfan neu drwy ap neu wefan ein canolfan hamdden.</p> <p>Cefnogi a chynnal digwyddiadau cymunedol - Mae pob canolfan yn darparu ein cyfleusterau i gynnal digwyddiadau cymunedol fel Ffair Deganau a Threnau, Cystadlaethau Dawns, Twrnameintiau Carate ac ati.</p>

PROGRAMME	DETAIL AND OUTCOMES
Children and Young People	<p>Energise Youth - A scheme to encourage and support 11 - 16 year olds to become more physically active by offering a 3 month membership to try different activities which is funded by the Vale of Glamorgan Sports Development Team.</p> <p>Children and Young People's Aquatics provision: Learn to swim - Learn to Swim is a programme that will ensure all children can swim 25 metres by Year 6 after taking part in school swimming lessons. Family swimming programmes - Our family swimming sessions provide quality time for all the family to swim and have fun, At Penarth we have the hydroslide for extra fun and excitement. Inflatable sessions - We provide fun soft play and pool inflatable parties to children throughout the Vale.</p> <p>Holiday sports camps and Parties- Sports camps will be an opportunity for children from 5 - 11 to take part in fun activities during the holidays. Having the chance to try different sports, socialise with friends and stay active in a fun, safe environment.</p> <p>Outdoor boot camps - Junior outdoor boot camps are seasonal and provide an opportunity for children 11 years plus to take part in this fun functional, boot camp style session. Training at intervals.</p> <p>Cardiff Kicks - Cardiff City Football club work in conjunction with the Sports Development to deliver a drop-in football session for children 8 - 14 years the session will provide a fun football skills session to encourage children to take part in this activity.</p> <p>Junior gym - Junior gym is a great opportunity for children who do not take part in team sports to exercise independently, improve fitness, mobility and strength whilst improving overall health and well-being.</p> <p>Multi-sports - Multi-sports is a fun and exciting variety of activities, such as, Dodgeball, Parachute fun, Fitness games and much more to keep the little ones active and engaged.</p> <p>Promising Athlete Programme - Our promising athlete programme will provide young athletes with a free 12 month membership to train and improve their performance for their chosen sport. We aim to Support athletes across Wales to achieve sporting excellence.</p> <p>Rookie lifeguard courses - This Rookie Lifeguard programme will help children get the feel of what it would be like to be a lifeguard through different training methods and techniques needed to become a lifeguard with a hope that they will one day choose to become a lifeguard.</p>
People with a disability	<p>Inclusive facilities - Our facilities provide a hoist for easy access to the pool with shallow steps and a hand rail at Barry and Penarth. A hoist for easy access to the jacuzzi in Penarth and Cowbridge leisure centre with adaptable changing and shower facilities, We have a lift in all centres plus a ramp for easy access. All centres provide disabled toilets and car park spaces.</p> <p>Accessibility swimming and health suite access - We provide accessible swimming sessions across 3 sites within the Vale.</p> <p>Free carer memberships - Carers who bring their clients to the centre for activities such as Aqua Aerobics, Good Boost, Gym, Badminton, Swimming will receive a free membership.</p> <p>Upskilling staff - Our level 3 gym instructors will be upskilled to level 4 referral to enable them to take over the Escape Pain and Escapee Circuits session.</p> <p>Engaging New Horizons - Working with the New Horizons group and Adult social services to provide access to the pool and group exercise session which is attended with a carer.</p>
People from low-socioeconomic communities- Llantwit Major and Barry	<p>Affordable Activities/ incentives - We provide free access to our centres to try our facilities via a free 3 day pass which can be obtained either at the centre or via our leisure centre app or website.</p> <p>Supporting and hosting community events - All centres provide our facilities to host community events such as Toy and Train Fayre, Dance Competitions, Karate tournaments, etc.</p>

CYMUNEDAU CYDLYNOL

Bydd y ddarpariaeth ar draws y Fro yn darparu gofod i bob cymuned fyw bywydau actif gyda'i gilydd, gan greu cymunedau cydlynol. Bydd pob cyfleuster hamdden yn hybu sesiynau iechyd a lles drwy ddarparu cyfleoedd newydd a chyffrous i gymryd rhan mewn ystod eang o weithgareddau, fel, ond heb fod yn gyfyngedig i, ffitrwydd teuluol a sesiynau dod â babi, gan roi cyfle i rieni wneud ymarfer corff a mynd â'u babi gyda nhw. Bydd hyn yn annog teuluoedd i gymryd rhan mewn gweithgareddau hwyliog sy'n hyrwyddo ac yn annog ffordd o fyw iach ac actif.

Rydym hefyd wedi gweithredu sesiynau i Ferched yn unig sydd wedi cael eu hyrwyddo i annog merched o grwpiau lleiafrifoedd ethnig i gymryd rhan yn y rhaglen les hon. Gan ddefnyddio lles fel ein ffocws, ein cynllun yw cynnal dosbarthiadau menapos i ferched a lles i ddyonion i wella lles a mynd i'r afael ag iechyd meddwl ac unigrwydd. Symud oddi wrth rhaglen ffitrwydd un maint yn ffitio pawb.

RHAGLEN	MANYLION A CHANLYNIADAU
Buddsoddi mewn mwy o gyfleusterau a gwasanaethau i ymgysylltu â chymunedau	Buddsoddi mewn Rheolwr Cymunedau Actif llawn amser ar draws Bro Morgannwg i weithio gyda'r Tîm Datblygu Chwaraeon, rhanddeiliaid cenedlaethol a lleol. Cydnabod yr effaith economaidd a chymdeithasol y mae hamdden yn ei chael yn y gymuned drwy barhau i Fuddsoddi mewn cyfleusterau, gwasanaethau a rhaglenni i Gynyddu cyfranogiad mewn chwaraeon a gweithgarwch corfforol gyda thechnoleg newydd a rhwyddineb archebu.
Marchnata wedi'i dargedu a'i deilwra	Hyrwyddo gweithgarwch corfforol a chwaraeon fel ffordd o gysylltu cymunedau drwy ymgysylltu â phartneriaid, rhanddeiliaid a grwpiau cymunedol i gyrraedd grwpiau heb gynrychiolaeth ddigonol drwy farchnata wedi'i dargedu a'i deilwra i grwpiau a chymunedau â blaenoriaeth.
Ymgynghori cymunedol	Ymateb i anghenion cymunedol i ddatblygu mentrau drwy ymgynghori ag ysgolion, arolygon cymunedol ac adborth defnyddwyr presennol, cynnal sesiynau galw heibio ar ôl oriau i bobl ifanc 11 i 16 oed gael mynediad am ddim i'r ganolfan i roi cynnig ar wahanol weithgareddau a hybu iechyd a ffitrwydd.
Mynediad i gyfleusterau cymunedol a digwyddiadau	Annog cymunedau i ddefnyddio'r cyfleusterau a'r gwasanaethau, gan gefnogi ymgyrchoedd cenedlaethol gan gynnwys; Diwrnod Ffitrwydd Cenedlaethol, diwrnod trwynau coch ac ati i ysbrydoli pobl i fod yn actif gyda'i gilydd. Cymryd rhan mewn rhwydweithiau lleol, cefnogi grwpiau cymunedol i gael mynediad at y cyfleusterau ar gyfer cyfarfodydd cymunedol.
Lleihau ymddygiad gwrthgymdeithasol drwy chwaraeon a gweithgareddau	Cefnogaeth i leihau ymddygiad gwrthgymdeithasol ar draws y gymuned gyfagos drwy ddarparu sesiynau galw heibio i leuenctid ym mhob canolfan hamdden yn y Fro gan roi cyfle i bobl ifanc 11 i 16 oed roi cynnig ar weithgareddau newydd am ddim, sy'n cael eu cyllido gan dîm datblygu chwaraeon y Fro.
Darpariaeth i bontio'r bwch mewn anghydraddoldebau, gan greu cymunedau mwy cydlynol	Edrychwch ar y tabl Mwy Cyfartal am ddarpariaeth ar gyfer; Oedolion sy'n heneiddio, Merched a Genethod, Plant a Phobl Ifanc, Pobl ag anabledd a Phobl o gymunedau economaidd-gymdeithasol isel - Llanilltud Fawr a'r Barri.

COHESIVE COMMUNITIES

Provision across the Vale Leisure centres will provide a space for all communities to lead active lives together, building cohesive communities. All leisure facilities will promote health and well-being sessions by providing new and exciting opportunities to take part in a wide range of activities such as but not limited to; family fitness and bring baby sessions, giving parents the opportunity to exercise and take baby with them. This will encourage families to take part in fun activities promoting and encouraging a healthy, active lifestyle.

We have also implemented Ladies only sessions which have been promoted to encourage women from ethnic minority groups to take part in this wellness programme. Using well-being as our focus, our plan is to implement women's menopause and men's wellness classes to improve well-being and combat mental health and loneliness. A move away from a one size fits all fitness programme.

PROGRAMME	DETAIL AND OUTCOMES
Investing in more facilities and services to engage communities	Invest in a full time Active Communities Manager across the Vale of Glamorgan to work with the Sport Development Team, national and local stakeholders. Recognising the economic and social impact leisure has in the community by continuing to Invest in facilities, services and programmes to Increase participation in sport and physical activity with new technology and ease of booking.
Targeted and tailored marketing	Promoting physical activity and sport as a way to connect communities by engaging partners, stakeholders and community groups to reach under-represented groups through targeted and tailored marketing to priority groups and communities.
Community consultation	Responding to community needs to develop initiatives through school consultation, community surveys and existing user feedback, running after hours youth drop-in sessions to allow children 11 - 16 years free access to the centre to try different activities and promote health and fitness.
Community facility access and events	Encourage communities to access the facilities and services, supporting national campaigns including; National Fitness day, red nose day etc. to inspire people to be active together. Engaging in local networks, supporting community groups to access the facilities for community meetings.
Reducing anti-social behaviour through sport and activities	Support with reducing antisocial behaviour across the surrounding community by providing Youth drop-in sessions at all vale leisure centres giving 11- 16 year old an opportunity to try new activities free of charge, funded by Vale sports development.
Provision to bridge the gap in inequalities, creating more cohesive communities	See More Equal table for provision for; Ageing adults, Women and Girls, Children and Young People, People with a disability and People from low-socioeconomic communities- Llantwit Major and Barry.

CYMUNEDAU IACHACH

Mae gwella iechyd a llesiant trigolion Bro Morgannwg yn parhau i fod yn flaenoriaeth i'r contract yn unol â Deddf Llesiant Bro Morgannwg [2015]. Rydym wedi ymrwmo i weithio gyda thîm Datblygu Chwaraeon a Llesiant y cyngor yn ogystal ag ymgysylltu â phartneriaid lleol fel Escape pain, y GIG, Adsefydlu Canser a Meddygfeydd.

Mae hyn yn ein galluogi ni i gyflwyno amrywiaeth o fentrau a chynlluniau gan gynnwys y rhaglen atgyfeirio gan Feddygon Teulu a sesiynau Escape-pain a fydd yn galluogi pobl i fyw bywydau iachach a mabwysiadu ymddygiadau mwy actif.

RHAGLEN	MANYLION A CHANLYNIADAU
Partneriaid a mentrau iechyd	Ymgysylltu ag Ymddiriedolaeth y GIG Caerdydd a'r Fro, Bwrdd Iechyd Prifysgol Caerdydd a'r Fro a phartneriaid a darparwyr iechyd lleol eraill i barhau i ddatblygu a chynnal mentrau iechyd ar draws safleoedd.
Hwb Iechyd Cyhyrsgerbydol yn y Barri	CH y Barri i ddod yn Ganolfan Iechyd Cyhyrsgerbydol, gan gefnogi pobl sy'n byw gyda chyflyrau MSK i fyw bywydau actif drwy gyrsiau ESCAPE-pain, dosbarthiadau dŵr a thir Hwb Da a boreau coffi wythnosol, am ddim Arthritis Action.
Cynllun Cenedlaethol Cyfeirio Cleifion at Ymarfer Corff ac aelodaeth Iechyd	Darparu cyfleoedd ar gyfer gwell iechyd meddyliol a chorfforol drwy gynnal a hyrwyddo'r Cynllun Cyfeirio Cleifion at Ymarfer Corff - adsefydlu cardiaidd, strôc, gordewdra ac ati. Darparu aelodaeth am bris is i holl gyfranogwyr NERC i'w hannog i fyw bywydau actif, iach a hapus.
Creu Bro Iachach drwy ddarpariaeth amrywiol	Edrychwch ar y ddarpariaeth ar draws yr holl dablau.
Gweithlu Iach	Cefnogi gweithlu iach - Edrychwch ar y tabl 'Llewyrchus'
Cyrsiau Maeth Ar-lein ar gyfer Llesiant	Darparu cyrsiau Maeth er Lles ar-lein, fforddiadwy i gwsmeriaid a chymunedau gael mynediad atynt: Hanfodion lles drwy faeth, Cefnogi'r Menopos drwy faeth, Cefnogaeth maeth ar gyfer cyflyrau MSK, Cefnogi lles emosiynol drwy faeth a Chefnogaeth hybu imiwneidd

HEALTHIER COMMUNITIES

Improving the health and well-being of the residents across the Vale of Glamorgan remains a priority for the contract in line with the Vale of Glamorgan's well-being act [2015]. We are committed to working with the council's Sports Development and well-being team as well as engaging with local partners such as Escape pain, NHS, Cancer Rehabilitation and GP Surgeries.

This enables us to deliver a range of initiatives and schemes including the GP referral programme and Escape-pain sessions which will enable people to lead healthier lifestyles and adopt more active behaviours.

PROGRAMME	DETAIL AND OUTCOMES
Health partners and initiatives	Engage Cardiff and Vale NHS Trust, Cardiff and Vale University Health Board and other local health partners and providers to continue to develop and host health initiatives across sites.
Musculoskeletal Health Hub at Barry	Barry LC to become an Musculoskeletal Health Hub, supporting people living with MSK conditions to lead active lives through ESCAPE-pain courses, Good Boost aqua and land classes and free weekly Arthritis Action coffee mornings.
National Exercise Referral Scheme and Health membership	Provide opportunities for improved mental and physical health by hosting and promoting the National Exercise Referral Scheme- cardiac rehab, stroke, obesity etc. Providing a reduced membership to all NERS participants to encourage them to lead an active, healthy and happy life.
Creating a healthier Vale through a diverse offer	See provision across all tables.
Healthy Workforce	Supporting a healthy workforce - See 'Prosperous' table
Online Nutrition for well-being Courses	Providing affordable online Nutrition for well-being courses for customers and communities to access: The fundamentals of well-being through nutrition, Supporting Menopause through nutrition, Nutrition support for MSK conditions, Supporting emotional well-being through nutrition and Immune boosting support

BRO LEWYRCHUS

Ein nod ni yw cyfrannu at Fro Morgannwg fwy llewyrchus, gan gynyddu twf economaidd ar draws Bro Morgannwg drwy annog gweithlu iach ac actif. Byddwn yn datblygu partneriaethau ymhellach gyda sefydliadau masnachol, cyhoeddus a gwirfoddol sy'n gwella cyfleoedd hyfforddi a chyflogaeth lleol ym Mro Morgannwg fel eu bod yn actif yn economaidd ac yn gorfforol.

Ein nod ni yw annog sefydliadau addysg uwch ac addysg bellach yn ogystal â grwpiau cymunedol i ddarparu cyfleoedd gwirfoddoli, lleoliadau gwaith a phrentisiaethau a allai annog y rhai sydd dan anfantaes gymdeithasol ac economaidd.

RHAGLEN	MANYLION A CHANLYNIADAU
Gweithlu hapus ac iach	Staff mewnol - Annog gweithlu hapus ac iach, gan ddarparu aelodaeth am ddim, cefnogaeth iechyd meddwl a lles a buddion i staff. Cyflogwyr lleol - Ymgysylltu â gweithleoedd lleol i annog gweithlu actif a hapus drwy aelodaeth gorfforaethol 7 diwrnod 'Addas ar gyfer Busnes'.
Uwchsgilio staff drwy hyfforddiant	Darparu rhaglen hyfforddi gynhwysfawr i staff drwy People XD, yn ogystal â mynediad i hyfforddiant Porthol a chysiau DPP.
Hyrwyddo cynhwysiant a chefnogi cyflogaeth leol	Darparu cyfleoedd i brentisiaid a gwirfoddolwyr, gan wella sgiliau i gefnogi cyflogaeth leol. Hyrwyddo cynhwysiant, gan ddarparu cyfleoedd cyfartal ar gyfer lleoliadau / gwaith i bobl gan gynnwys grwpiau heb gynrychiolaeth ddigonol.
Datblygu gweithlu'r dyfodol	Parhau i weithio gyda darparwyr addysg [porthol] yn unol â chysiau chwaraeon, lleoliadau a phrofiad diwydiant.
Sicrhau ansawdd gweithluoedd trydydd parti	Sicrhau bod ansawdd pob darparwr allanol yn cael ei wirio drwy'r Safonau Defnydd Isafswm a Chytundebau Lefel Gwasanaeth.
Cefnogi gofalwyr i fyw bywydau actif	Darparu aelodaeth am ddim i ofalwyr a phobl sy'n derbyn budd-dal treth gyngor llawn gydag aelodaeth am bris is ar draws yr holl gyfleusterau i'w hannog i fyw bywydau actif.

A PROSPEROUS VALE

We aim to contribute to a more prosperous Vale of Glamorgan, increasing economic growth across the Vale of Glamorgan by encouraging a healthy and active workforce. We will further develop partnerships with commercial, public and voluntary organisations that serve to enhance local training and employment opportunities of the Vale of Glamorgan so that they are both economically and physically active.

We aim to encourage higher and further education institutions as well as community groups to provide volunteering, work placement and apprenticeship opportunities that may encourage those who are socially and economically disadvantaged.

PROGRAMME	DETAIL AND OUTCOMES
Happy and healthy workforce	Internal staff - Encourage a happy and healthy workforce, providing staff with a free membership, mental health and well-being support and staff benefits. Local employers - Engage local workplaces to encourage an active and happy workforce through corporate memberships 'Fit for Business' 7-day.
Upskilling staff through training	Providing a comprehensive training programme to staff through People XD, as well as access to Portal training and CPD courses.
Championing inclusion and supporting local employment	To provide apprentice and volunteer opportunities, enhancing skills to support local employment. Champion inclusion, providing equal opportunities for placements/ work for people including under-represented groups.
Developing the future workforce	Continue to work with education providers [portal] in line with sports courses, placements and industry experience.
Quality assurance of third-party workforce	Ensure all external deliverers are quality checked through Minimum Standards of Deployment and Service Level Agreements.
Supporting carers to lead active lives	Provide carers with a free membership and people in receipt of full council-tax benefit with a reduced membership across all facilities to encourage them to lead active lives.

YMGYSYLLTU Â RHANDDEILIAID I GEFNOGI BRO MORGANNWG ACTIF

Bydd angen ymdrech ar y cyd i annog cymunedau i fod yn fwy actif yn gorfforol. Bydd ein dull o weithredu'n cyfuno hyblygrwydd a pherthnasedd cyd-weithredwyr lleol gydag enw da a sicrwydd sefydliadau cenedlaethol.

STAKEHOLDER ENGAGEMENT TO SUPPORT AN ACTIVE VALE OF GLAMORGAN

Encouraging communities to become more physically active will take a collaborative effort. Our approach will combine the agility and relevance of local collaborators with the gravitas and assurance of national organisations.



LEISURE CENTRE



Working in partnership with your Local Authority
Yn gweithio mewn partneriaeth â'ch Awdurdod Lleol

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