



Chwaraeon
Colegau Cymru
Colleges Wales
Sport

SPORT AND ACTIVE LIFESTYLE PROJECT

IMPACT REPORT

2018/19



INTRODUCTION

ENABLING SPORT

AND PHYSICAL ACTIVITY

Since 2014 ColegauCymru has enabled the Further Education (FE) sector in Wales to **increase the number of students who are active**, to tackle inequalities, particularly in gender, disability and BME groups and encourage development of future workforce. During 2018/19 the Sport and Active lifestyle project has delivered to **6100 FE learners** while influencing colleges to embrace strategic level change.

Sport Wales has provided **£137k** of project grant funding to ColegauCymru to support colleges in developing these new opportunities, manage the wider project and engage in strategic development. The reach of the project involves the **11 colleges** in Wales with full time learners, a population of **45,000 young people**.

Taking forward the recommendations of the **Blwbo review*** and learning from previous project delivery has been a key feature of the project over the past **12 months**. This period has also seen the growth of a new partnership with Sport Wales where both organisations will look to work **collaboratively** in the future in areas of common interest.

Strategic level change was necessary to support **growth** in project delivery and provide a **sustainable** model for future development. The 2018 Sport Wales FE survey still highlights that while **35%** of students are 'hooked on sport', over **40%** of young people in FE colleges are not active on a regular basis.

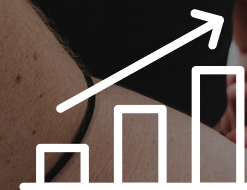
In some vocational areas, particularly among female learners this figure is closer to **50%**. This data indicates around **16,000** students who are engaged in enough health enhancing activity and **18,000** who are potentially not engaging, with between **10,000** and **12,000** female learners in this cohort.



Project delivery has reached **24,000 young people** since 2014



50%+ of participants have been female



Participation has reached a high of **6100 participants** in 2018/19



100% of college projects are inclusive in working with underrepresented groups

*Blwbo independent review of Sport Wales funded projects 2014-2017

IMPLEMENTING THE RECOMMENDATIONS OF THE BLWBO REVIEW

A new ColegauCymru **strategy** for Sport, Physical Activity and Wellbeing will be launched in October 2019, promoting the **benefit of sport and physical activity** in encouraging good **wellbeing** and **enhancing educational outcomes**.

Implementing the recommendations of the **BlwBo** review was a priority for CollegesWales Sport in 2018/19. ColegauCymru has changed its governance structure creating a **new strategic level** group for Sport, Physical Activity and Wellbeing, encouraging colleges to develop new

ways of working at a strategic and delivery level.

Changes have been made to increase buy in at senior management level and promote strategic development. Those colleges with established strategies and designated managers and delivery staff have significantly better project results and internal investment, those with more recent development are

now making **good progress**.

New project management criteria from ColegauCymru has been introduced in all planning for projects leading to the following improvements:



Senedd round table event linking FE sector, Welsh Government and Industry stakeholders to project outcomes



7 colleges utilise internships and apprentices to support project engagement

100%

of college projects are now centralised linked to learner services departments compared to 45% prior to BlwBo review



5 colleges have employed new staff as project officers in 2018/19

COLLEGES EMBRACING THE VISION FOR SPORT IN WALES

The Vision for Sport in Wales is a Welsh Government strategy aiming to Create an Active Nation where as many people as possible are inspired through sport.

ColegauCymru has worked closely with Sport Wales and Welsh government to highlight the work taking place in FE colleges that supports the vision and its goals for future development. Colleges have invested in innovative new facilities for sports, fitness, wellbeing and health related activity, these facilities are open to local communities and schools and provide employment and quality learning spaces for students.



COLEG SIR GAR

Deputy Minister for Culture, Sport and Tourism, Lord Elis-Thomas visited Coleg Sir Gar to see the Forge performance Centre and Community Hub facilities in October 2019. The deputy minister was able to see the community work at the college involving local primary schools, secondary schools and the Be Active project promoting learner wellbeing.

“Helping Wales to become a healthy and more active nation is a Welsh Government priority and I am very grateful to ColegauCymru for all the work they and the FE Colleges in Wales are doing to develop a range of new and exciting opportunities to encourage young people to take up a sport or form of physical activity which can fit around their studies. The projects taking place at Coleg Sir Gar are an excellent example of what can be achieved while working in partnership with the community, sport clubs and other partners.”



EXAMPLES OF STRATEGIC LEVEL IMPACT AT COLLEGES AS A RESULT OF PROJECT INVESTMENT:



GRWP LLANDRILLO MENAI

The lessons learnt from this ColegauCymru funding, has fed into the GLLM Wellbeing Framework and Wellbeing Pledge which is due to be launched with learners during the academic year 2019/2020.



COLEG CAMBRIA

The Active Cambria co-ordinator has been working closely with HR managers, Equality officer, Learning Zone manager, student services and the Organisational Development officer to develop a new staff and student health and wellbeing strategy for 2019 to 2022. Active Cambria will be supporting the physical activity and lifestyle element of this strategy, which will mirror the past five years work delivered by Active Cambria strategy.

COLLEGES DEVELOPING NEW WAYS OF WORKING

INVESTING IN THE FUTURE OF SPORT IN WALES

Sport Wales investment has provided a welcome catalyst for colleges to develop new ways of working, creating a more sustainable approach to future delivery. This investment is utilised to deliver new activity and develop new areas of engagement and has influenced strategic level change in all colleges.



MERTHYR COLLEGE

Strategically the college have changed their approach for the next academic year relating to sport and enrichment. A new post was created for an Academy Sport and Enrichment Coordinator role, showing long term support for the work being carried out.

Colleges are also widely investing time and resources in students improving sporting opportunity, health and wellbeing, employability and skills, they are also investing in new roles, capital builds and equipment from other funding sources.

- **Employment of new project officers and delivery staff**
- **Development of new college and community sports facilities**
- **Training and deployment of students in college and the community**
- **Volunteers in college providing sustainable engagement and delivery**

How does this type of development impact on project delivery improving sustainability?



Student Experience Manager – new role connects project engagement with tutorial planning, enrichment and other schemes enhancing project outcomes

Students working as trusted Leaders have been deployed in the delivery over 200+ sessions for their peers while working on the Active Cambria Project



At Cross Keys the student management team of 17 students is leading activity and engagement. Former SMT members are now employed to support project engagement and training on other campuses creating a legacy from previous investment.

The SMT developed in partnership with NPTC Pass utilising the successful Young Ambassadors programme has led group consultations in 29 tutorial sessions



Sport and Active lifestyle survey 2018 indicated that of the **22%** of learners who volunteer in sport and recreation there are now **20%** involved in college delivery and **67%** contributing to sports clubs and community delivery.

PLACING A PERSON CENTRED APPROACH AT THE HEART OF DELIVERY

Colleges have moved to project engagement via tutorial programmes as the default method of connecting with **young people aged 16-24** in FE. In most cases, the offer is bespoke for the students based around their vocational study, time available and preferred activity. **80%** of project activity is tagged on upshot as “**physical activity or recreational sport**” rather than more traditional competitive sport offers.

The 2018 Sport and Active lifestyle survey indicated that **72%** of learners felt their opinions on sport and physical activity were **listened to** but they also indicated **time, cost** and **motivation** were all major factors. When time is added to

multiple leisure time activities (8-10 indicated for over 40% of responses), college studies and travel time, for many living in rural areas the barriers for participation outside college are considerable.

College Communities provide young people with activity that **works around their free time**, is linked to their tutorial programme, delivered by a wide variety of peers, coaches and instructors and is free supported by college and external funding.

In many cases the range of activities on offer and accessibility to participate with peer groups is only available in the college where they study.



WHAT ARE WE LEARNING THROUGH PROJECT DELIVERY?

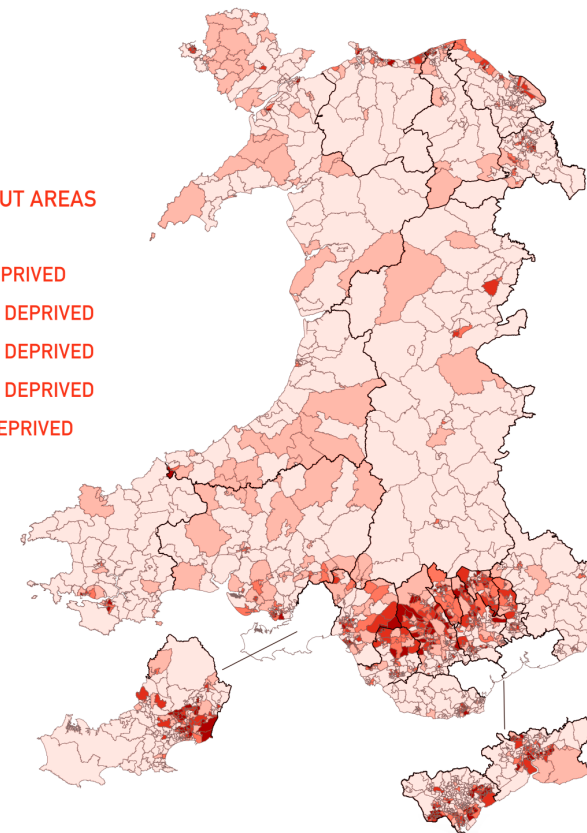
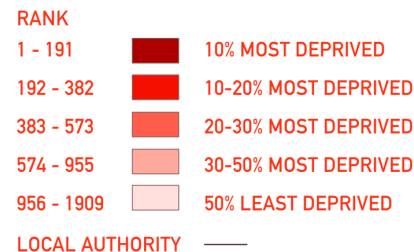
Working with the FE sector provides a diverse range of project delivery and insight linking to strategic level project outcomes. Colleges are striving to improve both aspects, with the enhancement of outcomes through enrichment being a priority area.

The project is now able to take learning and insight from a range of sources and perhaps more importantly colleges are now starting to link data from projects with other college data on gender, ethnicity, disability and deprivation. Some examples of the range of data available are provided below:

- **Bi-Annual Sport and Active Lifestyle survey (no. of responses)**
- **Project Data from UPSHOT online monitoring (4,500 – 6,000 unique attendees)**
- **College wide surveys and consultation via tutorial and wellbeing sessions**
- **College data linked to gender, deprivation, disability and ethnicity**
- **Student led research and surveys**
- **Erasmus + project insight**
- **ColegauCymru projects - Mental Health, ALN, Creative Solutions, Curriculum development**

A sample of **323** project participants at Coleg Y Cymoedd demonstrated the catchment area of the college in **areas of deprivation** without specifically focussing on this as an outcome.

BY LOWER LEVEL SUPER OUTPUT AREAS



Deprivation Level	Rank	No. of Learners
Most Deprived	1- 191	65
	192- 382	53
	383 – 573	58
	574 – 955	80
Least Deprived	956- 1909	67
		323

“This table shows that we are working with a large number of learners who reside within the most deprived areas in Wales.”

- Coleg Y Cymoedd



GRWP NPTC

Level 3 Performance & Excellence student Mike Grange is a Gold Young Ambassador and has volunteered on the Get Active programme over the past 12 months. Mike has led sessions for our students with additional needs and has developed his communication skills, his confidence and leadership skills.

Mike carried out a research project as part of his Welsh Baccalaureate, titled: 'To what extent has the Get Active programme impacted its participants at NPTC Group?' Findings demonstrated that the programme benefitted both participants and volunteers; tutors witnessed positive changes in learners attitudes, concentration and behaviour as well as having a positive impact socially and mentally. Results of his survey revealed that the Get Active programme encouraged non-sports students to engage in activities they wouldn't encounter otherwise.

**COLLEGES ARE ALSO LEARNING FROM
STUDENT LED RESEARCH AND INSIGHT**

PLACING A PERSON CENTRED APPROACH AT THE HEART OF DELIVERY



PEMBROKESHIRE COLLEGE

New groups that were targeted included all year 1 A level students, applied science, performing arts, more engagement groups, and art & design, along with the existing groups that were targets in previous years e.g. hair, health and social care. Often activities were linked to tutorial sessions, and learners worked with instructors to decide the activities that they took part in, often these are non-traditional activities with an emphasis on the well-being benefits.

There were:

99 sessions delivered with 209 learners engaging with a variety of sessions. including street dance, walking rounders, wheelchair basketball, mini tennis, pilates, yoga, rockrobics, circus skills, and table top tennis.

Also, with the development of Campus 6's sports hall and a new fitness suite, groups were offered 4-week taster sessions in the fitness suite with an instructor. This was very successful with 176 sessions and 125 learners. The student membership numbers increased from 49 in 17/18 to 154 in 18/19.



BRIDGEND COLLEGE

Innovation is apparent in leading new delivery with Bridgend College, encouraging the use of online fitness resources like YouTube and providing basic equipment and support for this delivery.

The role of Student Engagement Lead (SEL) was introduced and there has been a huge increase in the level of student engagement and participation across the college as can be seen in the Upshot report. The SEL's have encouraged physical activity and exercise via raising awareness / money for charity (Hope Walk for Papyrus), an On Ya Bike challenge competition to win a Fitbit, in which a static bike was moved to each course area for a period of two weeks, and establishing links with tutors to encourage borrowing of equipment to start lessons with yoga before starting their taught lesson. The feedback has been extremely positive from students and tutors in being offered these opportunities. Tutors have also taken advantage of the Mile a Day that has been promoted by the SEL's.

VOCATIONAL STUDENTS ARE NOW MORE ACTIVE

AND DEVELOPING NEW SKILLS

FOR A MORE ACTIVE NATION

The FE sector is aiming to create a more “**active nation**” via project delivery through new participants and volunteers that is **inclusive** and **accessible** for all. Project planning and delivery has evolved and is now focussed on working closely with **curriculum areas**, this work looks at activating students and where appropriate **upskilling** them to support future workplace activity.



Childcare learners are engaging on Sports Leaders UK courses and Dragon Multisport to support work in early years settings



Health and Social Care learners are getting active and introducing activity on placement at care homes



Business students creating new fitness classes for their peers as part of entrepreneurship challenges



Student volunteers in Bridgend delivering new activity to improve positive mental health and wellbeing of peers

These activities involve medium term interventions activating the participant now and their work with others through their future employment in sport, play, leisure, care and health settings. Impact on learner’s **wellbeing and emotional resilience** has included delivery among those groups typically disengaged from sport and physical activity.



COLEG Y CYMOEDD

“We went to Llantrisant Golf Club on Tuesday. We played golf and this instructor called Joe told us how to putt and chip the ball. I thought the golf clubs were heavy, I found it hard to swing the club. I had fun and I’d be happy to do it again, only if I got lighter clubs so I can use it better because the other ones were too heavy for me”.
Dylan Turner, Skills for Independence & Work Entry 2 (Award).



GOWER COLLEGE SWANSEA

“We went to the gym as part of our tutorial lesson and Kris showed us how to use all the exercise machines. I went on the walking machine first, which I enjoyed because it was calm and easy to control. I found this an easy start as I have never used a gym before. I would enjoy going to the gym regularly as I could meet new friends and exercising could help me feel less stressed. If I kept myself more active, I think I would be able to concentrate and focus more in class. I am definitely motivated to try a gym again.”
Courtney, Health and Social Care student

CREATING NEW PARTNERSHIPS

New regional level partnerships have developed to support events, projects and competition programmes. ColegauCymru and CollegesWales Sport have embraced **collaboration** at an organisational level and encouraged colleges to also **engage in local opportunities**.

Across a wide range of activity CollegesWales Sport has engaged with **over 60+ partners**, in many cases leading to further direct engagement with FE colleges by those involved. **Lead partners.*



Snowdonia Challenge

**CollegesWales Sport, The Outdoor Partnership, Gwynedd CC, Coleg Menai, British Army, Welsh Cycling, Canoe Wales, Beacon Centre*



Youth exchange: Spain



**CollegesWales Sport, WRU Apprentices, YA Cymru*



Erasmus+, YSDA and CPMES projects

**ColegauCymru, 10 Eu partners, Sport Wales, BME Sport Cymru, Glamorgan Cricket, Grangetown Community Youth Forum*



Chwaraeon ColegauCymru CollegesWales Sport

Regional competitions

**CollegesWales Sport, Cardiff Met, Welsh Athletics, Colleges, Basketball Wales, WRU referees*



CSAP Project

**ColegauCymru, FE Colleges supporting regional stakeholder events*



Chwaraeon Amrywiol AB Pem-bre 2019
FE Multisport Pembrey 2019

**CollegesWales Sport, Welsh Tri, Pembrey Country Park, Welsh Cycling, AoC Sport, Carmarthenshire County Council, Coleg Sir Gar*



Healthy Colleges Framework

**Cardiff Met, ColegauCymru, PHW, HEFCW, Sport Wales*



Senedd Round Table Discussion

**Welsh government, Colleges, CollegesWales Sport, Sinsir Consultancy, NGBs, SLUK, Outdoor partnership, Urdd*



EMPLOYABILITY



INCREASING VOLUNTEERING



WELLBEING



TACKLING INEQUALITIES



INCREASING PARTICIPATION

DEVELOPING MORE ACTIVE FUTURES FOR COLLEGE COMMUNITIES

The project is actively involved in encouraging strategic level change, sharing best practice and promoting colleges as communities to external stakeholders. Priorities will remain in encouraging enrichment activity that enhances student experiences and ultimately their life chances when they progress from the FE sector.

There are multiple factors involved in future development, including the regionalisation of community sport, strategic level change, educational reform and political change.

With one eye on the future ColegauCymru and CollegesWales Sport have engaged in developments to help colleges and the sport sector maximise the potential of the FE sector population, these include:

- **New Strategy for FE Sport, Physical Activity and Wellbeing – October 2019**
- **New Strategic Level for Sport, Physical Activity and Wellbeing – October 2019**
- **Regional stakeholder events for management, project officers and young leaders – October 2019**
- **Round table discussion at the Senedd Autumn 2019**

Colleges continue to invest in facilities and work with a wider range of populations and local communities.



CARDIFF AND VALE COLLEGE

Cardiff and Vale College has invested heavily in sport developing new facilities and academies at the Cardiff International Sports Campus and City Centre Campus. 2019/20 will see additional new development of community sport facilities at the city centre site in partnership with local community groups.

This facility will provide employment and volunteering opportunities, better facilities for enrichment and elite sport and closer engagement with a wide range of partners.



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