

## FE Sport and Well-being briefing paper

### ColegauCymru / CollegesWales

ColegauCymru / CollegesWales is a charity that raises the profile of further education, vocational, work-based learning, and adult continuing education among decision-makers. Our aim is *to promote world-class education, training and skills outcomes for all learners in Wales.*

Based on this ambition we work with all Further Education Institutions in Wales (FEIS), in order to improve educational opportunities, enrich the learner experience and enhance outcomes and employability. It is a national member-led body, representing all 13 further education colleges and institutions across Wales.

### Sport and Wellbeing

There are 45,000 students aged 16-19 in Welsh further education colleges, and we want them all to get active. Our mission in conjunction with Welsh Colleges Sport, is to make a tangible difference to the health of our young people, especially young women, who tend to become less active when they reach their late teens

The FE sports project has demonstrated that colleges provide an ideal environment to re-engage with young people who are currently inactive. Support from Sport Wales, colleges and over 30 partner organisations has developed a collaborative project that encourages students to lead their peers in healthier lifestyles.

In the first four years of the partnership over 5,000 non-sporty students will have tried a new activity, hopefully leading to a healthier lifestyle. This equates to over 11% of the FE population in Wales.

Supporting this is a sustainable workforce of student ambassadors, sports coaches, fitness instructors and ambassadors, hard at work in their colleges and the wider community. In 2016/17, FE students will have volunteered over 50,000 hours contributing more than £500,000 to the sporting economy

### Sport Wales

Sport Wales provide project funding for FE colleges which is managed by ColegauCymru within the FE sector in Wales. The project's original aims were:

- Increasing participation - 40% students hooked on Sport
- Tackling inequality – Reducing the gender gap by 10%
- Developing volunteering - 10% of FE Students volunteering in Sport

Tackling inactivity has become a focus for the project in the past two years. The FE Sport Survey in 2017 identified inactivity levels as high as 50% in some vocational areas, particularly among female learners and including Childcare and Tourism as subject areas.

### Erasmus+ YSDA Programme

**The Youth Sports Development Ambassadors (YSDA)** project will target inactive young people in hard to reach ethnic minority populations, aiming to use the enthusiasm and skills of their more active peers to promote new activity. New technology will support the project with the development of a YSDA mobile application enabling YSDAs and participants to share experiences in up to 10 different languages

With a value of €352,000, the project is managed by ColegauCymru and will involve over 21 staff, 28 YSDAs and 28 mentors creating over 1000 hours of new activity for a total of 800 participants in 28 micro projects across the EU. Perhaps more importantly it will provide insight into the ability of young people to promote sport and physical activity and manage small community projects

[www.ysda.eu](http://www.ysda.eu)

### Future Developments

#### Sport Wales CSAP Project

ColegauCymru are actively involved in working with Sport Wales and other partners including FE colleges to embrace the Sport Wales CSAP regionalisation of community Sport in Wales. Colleges have the capacity in some areas to be major stakeholders in regional agencies be it through delivery of sport, management of certain areas of the project or identifying populations of young people for partners to work with.

#### FE Strategy for Sport and Wellbeing

Sport Wales have funded an independent review of the FE project which will be presented to Sport Wales in March 2018. This review will be used as the basis for development of a new strategy for FE sport and wellbeing in Wales from 2018/19 onwards. It is anticipated that the strategy will be in place by the autumn of 2018 to also include learning from My Welsh Sport - The Conversation

Blog: <http://mywelshsport.blogspot.co.uk/2018/01/if-you-want-to-make-healthy-sandwich.html>

#### Sport Wales FE Sport and Active Lifestyles Survey 2018

The 2<sup>nd</sup> survey of FE Learners will start in March 2018 providing a similar survey to the schools sport survey but adapted for 16-24 year old learners. A target of 15,000 responses is set with the findings also being used to support the new strategy.