

| PROJECTS<br>(From LSP)        | ACTIONS<br>(How will you operate the project?)  | EVIDENCE<br>(Why are you doing it)  | IMPACT<br>(How will you demonstrate impact)            | BASELINE  | TARGET  | TOTAL COST  | REQUESTED COST |
|-------------------------------|---|---|--|---|---|---|----------------|
| Foundations for Participation |   |   |  |   |   |   |                |
| <b>School Sport Offer</b>     | <p>The Sport Cardiff School Sport programme provides an offer to both Primary and secondary schools which includes:</p> <ul style="list-style-type: none"> <li>• Student Placements – Student to provide an additional staffing resource to enhance the Sport Cardiff programme of activities.</li> <li>• Cardiff Games - Taster sessions for schools to encourage participation for Cardiff Games</li> <li>• Staff Training – upskilling of new</li> </ul> | <p>The number of young people under the age of 18 in Cardiff projected to increase by 25% over the next 20 years (compared to an all Wales 0.8%) with an increase of 5,700 primary aged pupils and over 9000 more secondary school pupils by 2036. For some individuals the school environment is the surest route out of poverty and provides them access to physical activity (Liveable City Report 2017)</p> | <p>Participation figures case studies<br/>Feedback</p> | <p>48% of pupils participate in extracurricular activity at least once a week</p> | <p>52% of pupils participate in extracurricular activity at least once a week</p> | <p>Student placements = £0</p> <p>Cardiff Games Taster Sessions – coach delivery = £5500</p> <p>Staff Training - £1500</p> <p>Coach delivery for targeted school projects - £8000</p> | <p>£12,483</p> |

|   |  |  |  |  |  |  |              |
|---|--|--|--|--|--|--|--------------|
|   | <p>and existing staff who deliver extra-curricular provision in the schools to provide a more quality experience to those taking part.</p> <ul style="list-style-type: none"> <li>• Coach delivery – Coach delivering within school on specific projects to target those who are currently not engaged in sport.</li> </ul> <p>Young Ambassadors – to provide a pathway of training and deployment opportunities for school pupils to become role models within their school</p> |  |  |  |  |  |              |
| <p><b>ESOL Project: Willows and Cathays High Schools</b><br/>Sport Cardiff Officers</p> |  | <p>In 2017 the ESOL project at Willows was hugely successful with Omar going on to join the Cardiff Celts basketball team. We aim to replicate this project on a bigger scale.</p> | <p>Impact will be measured through consultation with the young people, number of attendances and</p> |  | <p>30 students attending new school sport clubs.</p> |  | <p>£1000</p> |

|  |   |   |  |  |   |  |  |
|--|---|---|--|--|---|--|--|
|  | <p>have made links with the ESOL departments at both Willows and Cathays High Schools. Cathays currently have more than 60 students accessing this department. Regular sport sessions will take place weekly at both schools, linking in with the Cardiff Games calendar. The aim is to improve the confidence and communication skills of those attending, and integrating them into the mainstream school sport sessions which they currently do not attend.</p> <p>Fixtures in a variety of sports will be established between the two schools which will strengthen relationships and further develop the communication skills of the students.</p> | <p>Members of staff at Cathays have identified that the number of students accessing school sport from the ESOL department are very low. This project aims to instil the confidence in these young people to change that.</p> | <p>number of participants joining school or community sport clubs.</p> |  | <p>8 students attending new community sport clubs</p> |  |  |
|--|---|---|--|--|---|--|--|

|   |   |  |   |  |             |                                 |
|---|---|--|---|--|-------------|---------------------------------|
| <p><b>Western high community</b></p> <p>The project here will be undertaken within school hours as an alternative activity for pupils who are struggling to conform to a mainstream setting</p>   | <p>This proposed project (Fairwater Ski Centre sessions) will offer an opportunity for those who struggle to engage with compulsory education and offer them an alternative form of engagement, via physical activity.</p>  | <p>To identify the impact of the project, an assessment will be made of how the behaviour within this alternative setting will be replicated within their educational classes. In addition to this, we will identify links between the participation of pupils in this project and any further participation they undertake within local clubs (i.e. Fairwater Ski Centre)</p> | <p>As an underlying baseline for the project, we will aim to establish eight sessions with a minimum of 10/15 participants per session.</p> | <p>The pupils that we are targeting for the project are individuals that struggle to cope within a mainstream PE environment; therefore offering a substitute setting for these individuals to participate within.</p> | <p>£350</p> | <p>£350</p>                     |
| <p><b>Schools engagement</b></p> <p>Coordinate weekly sessions of sport within local primary and secondary schools in order to plug the gaps in sporting provision and provide taster sessions for Cardiff Games</p> <p>Create school and local club links through sessions</p> | <p>The number of young people under the age of 18 in Cardiff projected to increase by 25% over the next 20 years (compared to an all Wales 0.8%) with an increase of 5,700 primary aged pupils and over 9000 more secondary school pupils by 2036. For some individuals the school environment is the surest route out of poverty and provides them access to physical activity (Liveable City Report 2017)</p> | <p>Number of schools with deployed coaches.</p> <p>Number of children taking part in weekly sport sessions</p>   |   | <p>8000 engaged</p>  |             | <p>Coaching costs<br/>£5500</p> |

|  |   |  |  |            |  |  |  |
|--|---|--|--|------------|--|--|--|
|  | <p>within the school setting.</p> <p>Sessions will take place both at the schools and at community facilities in order to give pupils the best /possible experience.</p>  |  |  |            |  |  |  |
|  | <p><b>Marion Centre</b></p> <p>Provide quarterly blocks of different sport activities for pupils at the Marion Centre (The Marion Centre is a school for autistic pupils) which include onsite activities like trampolining or off site activities such as climbing at boulders</p> | <p>For most of the pupils the school environment is the only access to physical activity</p>   | <p>Number of pupils engaging</p>   |            | <p>Engage 10 pupils per activity. Improve the pupils health, coordination, confidence and transferable life-skills</p> |  | <p>£600<br/>Coach costs and facility hire for off site activities.</p> |
|  | <p><b>Mini DIT Training</b></p> <p>To provide 12 primary schools with mini DIT training to promote inclusivity from a young age</p>   | <p>The Mini DIT training will raise the awareness of disability sport, and to demonstrate how disabled friends can be included in the activities pupils take part in during and outside of school.</p> <p>The training includes a session on the</p> | <p>Number of schools receiving training</p> <p>Number of courses run</p> | <p>N/A</p> | <p>12 primary schools with 4 courses per school</p>  |  | <p>£480</p> <p>Tutor costs - £40 per course</p>                        |

|  |  |   |   |   |   |   |                |
|--|--|---|---|---|---|---|----------------|
|  |  | <p>perceptions of disabled people in sport, what terminology is correct and appropriate, and what adaptations can be made to improve inclusion. Mini DIT links to the Sport Wales Physical Literacy programme, which states that everyone should have a catalogue of skills, along with confidence and motivation, when it comes to taking part in sport and physical activity. The training aims to support inclusion through the delivery of the following outcomes;</p> <ol style="list-style-type: none"> <li>1. Learn more about what disabled children, young people and adults can do</li> <li>2. Learn how to include your friends in all your PE and play activities.</li> </ol> |   |   |   |   |                |
| <p><b>Cardiff Games - Primary School Competition Offer</b></p> | <p>Offer a variety of high quality and appropriate level competitions for Primary schools.</p> <p>Provide regional competitions that are accessible to all schools</p> | <p>The Cardiff Games provides opportunities for primary school pupils to represent their school and try a new sport in a fun and appropriate environment. The Cardiff Games provides an introduction to sports for pupils. With some sports such as skiing and rock climbing, a 6 week introductory course is offered to those pupils to gain the relevant skills before entering into the competition.</p>   | <p>Number of schools engaged in City Wide and Regional competitions</p> <p>Number of pupils engaged</p> <p>Number of schools engaged per NHM area</p> | <p>40 competitions<br/>City Wide =<br/>Regional =</p> <p>4,200 participants</p> | <p>40 competitions<br/>City Wide =<br/>Regional =</p> <p>4,400 participants</p> | <p>Facilities approx. = £8,750</p> <p>Officials approx. = £1,500</p> <p>Medals approx. = £485</p> | <p>£10,650</p> |

|  |   |   |  |  |  |   |                |
|--|---|---|--|--|--|---|----------------|
|  | <p>Work with primary schools to ensure the most appropriate offer is available to schools, e.g. number of pupils attending – whole class or smaller amount.</p>   | <p>Offer a number of competitive opportunities for pupils from year 2 to 6 across a wide range of sports. Reducing the workload for teachers in planning and organising fixtures.</p>   | <p>School / Pupil case studies</p> <ul style="list-style-type: none"> <li>•</li> </ul>   |  |  | <p>Marketing – production of wall calendar = £400</p>   |                |
| <p><b>Cardiff Games-Secondary School Competition Offer</b></p> | <p>Offer high quality and appropriate level competitions for Secondary school pupils</p> <p>Provide a variety of competitive opportunities across a range of sports.</p> <p>Provide competitions that target B Teams to provide more opportunities for more pupils.</p> | <p>The school sport offer to secondary schools has been reduced since restructuring into our current staffing structure. There is no 5 x 60 offer to the schools.</p> <p>The Cardiff Games provides opportunities for secondary school pupils to represent their school and try a new sport in a fun and appropriate environment.</p> <p>We recognised that in the transition to secondary school there is often only a formal competition offer for A Teams in traditional sports, with 6-8 feeder primaries per secondary school there is a bottle neck effect which means we could lose 60 pupils from a sport they competed in at primary school due to</p> | <p>Number of schools engaged in City Wide and Regional competitions</p> <p>Number of pupils engaged</p> <p>Number of schools engaged per NHM area</p> <p>School / Pupil case studies</p> <ul style="list-style-type: none"> <li>•</li> </ul> | <p>45 competitions</p> <p>3,000 participants</p> | <p>45 competitions</p> <p>3,200 participants</p> | <p>Facilities approx. = £8,750</p> <p>Officials approx. = £1,500</p> <p>Medals approx. = £485</p> | <p>£10,250</p> |

|   |  |  |  |  |  |  |   |
|---|--|--|--|--|--|--|---|
|   |  | <p>the PE department only being able to run one team.</p> <p>From feedback received from the schools, pupil attainment and self-esteem has improved in some cases due to pupils taking pride in representing their school and being given the opportunity to do so.</p> <p>As with the primary school offer, the Cardiff Games provides an introduction to sports for pupils. With some sports such as skiing and rock climbing, a 6 week introductory course is offered to those pupils to gain the relevant skills before entering into the competition.</p> |  |  |  |  |   |
| <p><b>Cardiff Games - Providing opportunities for all.</b></p> <p><b>Tackling Inequalities.</b></p> | <p>Offer inclusive competitions to ensure pupils of all abilities can experience school sport competitions.</p> <p>Link with the I Can, U Can campaign in partnership with the Disability Sport Officer.</p> | <p>To increase the opportunities for young people with a range of physical, sensory &amp; learning disabilities.</p> <p>Develop a sporting pathway for all abilities.</p> <p>Demand for competitive opportunities has grown within the Cardiff Games.</p> <p>There are fewer local opportunities for disabled people to compete in sport.</p> <p>The majority of projects focus on disability sport “participation” but few focus on competing.</p>  | <p>Number of competitions</p> <p>Number of pupils</p> <p>Number of special Schools / SEN departments engaged.</p> <p>Variety of sports.</p> <p>Number of exit routes taken up.</p> | <p>10 competitions throughout the academic year.</p> | <p>400 secondary pupils</p> <p>280 primary school pupils</p> |  | <p>£1.5k facilities</p> <p>£500 coaches</p> |

|               |  |  |   |   |                            |  |       |
|---------------|--|--|---|---|----------------------------|--|-------|
|               |  | Lack of confidence and lack of awareness of opportunities are big barriers to many disabled people. Impairment specific events give smaller groups of people with the same disability a chance to try appropriate sports particularly suited to their impairment and learn about local exit route clubs. |   |   |                            |  |       |
| 3-7 provision | <p>A particular focus will be on developing community provision for 3-7 year olds across the city. Providing more opportunities for this age group in a multi-sport environment</p> <p><b>Maes Y Coed</b><br/>Maes Y Coed community centre led programme of activity.</p> <p><b>Heath</b><br/>Sports Programme for the Heath area of Cardiff North</p> | <p>Lack of provision for this age group across the city.</p> <p>There is a huge demand for young people's participation between the ages of 4-7 within the community of Cardiff</p>  | Participation figures case studies Feedback | 614 4-7 year olds engaged from April 2017 | 1000 3-7 year olds engaged | <p>Facility hire x6 for 30 weeks =£3600</p> <p>Coach costs x 6 for 30 weeks = £1800</p> <p>Equipment x 6 = £1500</p> | £5000 |

|  |  |   |  |  |  |  |  |
|--|--|---|--|--|--|--|--|
|  | <p><b>Riverside Sport Project</b><br/>Sport Cardiff are putting together a Riverside Sports Trust to help harness the need for sport in the area.</p> <p><b>Eastern Leisure Centre</b><br/>Continue and develop a programme of multi sports for children ages 4-8 years based in Eastern Leisure Centre</p> <p><b>Western Leisure Centre</b><br/>Develop a programme of multi sports for children ages 4-8 years based in Western Leisure Centre</p> <p><b>Llandaff &amp; Gabalfa Hub</b><br/>Develop activity</p> | <p>North.</p> <p>There is currently very limited sport available in Riverside and Sport Cardiff have been approached by several organisations and individuals to support with structured sport</p> <p>There is limited opportunity for the age group to partake in any activities that are a structured session. The sessions are based on physical literacy and fun based learning.</p> <p>There is limited opportunity for the age group to partake in any activities that are a structured session. The sessions are based on physical literacy and fun based learning.</p> <p>Utilising an alternative venue to provide physical activity for 3-7 year olds which isn't currently being provided for.</p> |  |  |  |  |  |
|--|--|---|--|--|--|--|--|

|  |   |   |  |  |             |   |       |
|--|---|---|--|--|-------------|---|-------|
|  | programme at the hub for 3-7 year olds  |   |  |  |             |   |       |
| <p><b><u>Family Fun</u></b></p> <p>A programme for the younger generation (3-7 year olds) and their families together to develop opportunities , confidence, motivation and physical skills within children and young people. It will support parents and demonstrate the way in which sport</p> | <p>We will train up local people from each of the 6 Neighbourhood Partnership areas in Cardiff to become ‘Family Fun’ deliverers.</p> <p>Training will include:</p> <ul style="list-style-type: none"> <li>• A sport leaders level 3 award which allows attendees to deliver independently across all sports.</li> <li>• A Physical Literacy awareness course which is tied in with the Sport Wales Physical</li> </ul> | <p>According to the Well-being of Future Generations Act (2015) we currently live in a society where people’s physical and mental well-being is maximised when choices and behaviours that benefit future health are understood. To enable this, providing a programme for the younger generation (3-7 year olds) and their families together will develop understanding and knowledge for all.</p> | <p>Number of families engaged</p> <p>Case studies showing impact on behaviour between child and parent</p> |  | 50 families | <p>£7240</p> <p>Facility hire x6 for 30 weeks =£3600</p> <p>Coach costs x 6 for 30 weeks = £1800</p> <p>Equipment x 6 = £1500</p> <p>Resource packs x 50 = £340</p> <p>Sports Leaders training - £900</p> | £3650 |

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| <p>and physical activity can improve relationships between parents and their children.</p> | <p>Literacy initiative.</p> <ul style="list-style-type: none"><li>• Specialised coaching - within the first 3 weeks, newly trained up deliverers will shadow accomplished coaches within their local environment to build confidence and create new ways of working.</li></ul> <p>Equipment Packs - once this period is complete, deliverers will run 'Family Fun' sessions aimed at engaging families with at least one primary aged child. These sessions will provide fun games</p> |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|

|                                |  |  |  |  |   |       |      |
|--------------------------------|--|--|--|--|---|-------|------|
|                                | <p>within a sport context which can be developed to play at home.</p> <p>Participants will leave each week with an equipment pack and instructions regarding how the games can be developed at home.</p> |  |  |  |   |       |      |
| South West - Holiday provision | <p>During the school holidays, various sporting programs will be organised and delivered at multiple venues for a community price rate</p>   | <p>This form of sport and physical activity provision will create opportunities to engage with individuals who will not have the opportunity to engage in activities during these downtimes in the school schedule. It will also offer the chance to work in partnership with local clubs to deliver the sessions and provide exposure to these clubs and the opportunities they provide.</p> <p>Furthermore, it will act as preventative scheme for anti-social behaviour within the community.</p> | <p>Attendance across the programs sessions will be examined, whilst also cooperating with local clubs to identify any attendee's transition into the local clubs settings as a result of the holiday provision. We will also gain a perspective of the impact the project has within the community, by communicating with PCSO's and public service bodies to gain feedback around anti-</p> | <p>A minimum attendance for these project sessions will be 15 participants per session.</p> <p>Across this time period, a baseline for the amount of sessions provided will be 30.</p> <p>During the time in which</p> | <p>Over the course of this project, we will aim to engage disengaged children and young people within the community. This will provide them with an opportunity to take part in a unique experience, which offers</p> | £1000 | £500 |

|                          |   |   |  |  |  |   |      |
|--------------------------|---|---|--|--|--|---|------|
|                          |   |   | social behaviour, during the lifespan of the project.  | this provision is set, club membership will be continually monitored to identify if there has been an increase in attendance, as a result of this provision. | activities that these individuals will not regularly get the chance to participate within. |   |      |
| East - Holiday Provision | To establish a regular holiday provision at Eastern Leisure centre and community venues that are accessible and affordable for all. A holiday programmes are planned during the school summer holidays. Some previous events include; sports camps, Summer Reading Challenge, St Mellons Summer Fun Day, trips with the | Partnership working in the East with ECLP, SW Police and Youth Service impacted on reducing ASB during holiday periods. | Reduction in ASB whilst the programme is running<br><br>An understanding relationship with the police and children<br><br>Case studies |  | Ages 4plus   | Coaches cost<br>2 coaches<br>£20 x<br>40 hours<br>PSCOS<br>assisted<br><br>Venue hire | £500 |

|   |   |  |   |  |  |  |  |
|---|---|--|---|--|--|--|--|
|   | Youth Service.  |  |   |  |  |  |  |
| Girls Together - Mother and Daughter Interventions        | Girls Together will work with its partners to provide monthly taster sessions. Providing a variety of sports/physical activities which can be accessed by mother's and daughters – either within the same session or by providing separate adult/child opportunities within the same venue/at the same time | Barriers women face getting into sport included children (Sport Wales – Our Squad) Opportunities which provide access to both mothers and daughters will break down the barrier whilst increasing participation in both age groups | <ul style="list-style-type: none"> <li>No of bookings/attendances</li> <li>Feedback from participants</li> <li>Shares on social media</li> <li>Tracking of participants into future opportunities</li> </ul> Reporting in Girls Together monthly newsletter | In 2016-2017 Girls Together provided 12 free taster sessions which allowed 238 women and girls to access physical activity, 70% have taken up future opportunities following taster sessions | 12 free tasters provided to be accessed by women and girls with increased participation of 300 women and girls | 12 sports sessions held across Cardiff paying full price <b>£1775.00</b> | <b>£600</b> – partnerships created with key organisations and clubs allow Girls Together to access opportunities at reduced bookings |
| Girls Together - Physical Literacy and family engagements | Linking with our partner Fit Mum's Girls Together will support a variety of female engagement activities for mum's and pre-schoolers targeting the North of Cardiff   | Providing family engagement activities to mothers of pre-school children will enhance opportunities for females to be active by reducing the barrier of childcare  | <ul style="list-style-type: none"> <li>No of people engaged</li> <li>Increase in under 4's provisions</li> <li>Case studies</li> </ul> Girls Together newsletter  | New programme - No baseline data   | Establish a new weekly classes access to 15 mothers and 15 pre-school children                                 | X1 classes at £20 per hour over 36 weeks £720                            | <b>£360</b> part funded by Girls Together partner  |
| Girls Together - Mass participation                       | Two mass participation events will be run each year   | 45% of girls say sport is too competitive and 46% of the least active girls do not enjoy the activities offered in PE  | <ul style="list-style-type: none"> <li>No of participants</li> </ul>  | 288 girls age 7-9 years participating  | 300 primary school girls   | Facility hire for 2 events   | <b>£2407</b> cost reduced by deliverers  |

|  |   |   |   |  |  |   |  |
|--|---|---|---|--|--|---|--|
| events in line with key female dates               | providing opportunities to 300 primary school girls (International Day of the Girl) and 300 secondary school girls (International Women's Day) Both events will involve partnership work with clubs, businesses and organisations to provide a plethora of activities and exit routes | (Women in Sport) International Day of the Girl and International Women's Day are both key dates highlighted within the media and are a great platform for Girls Together to focus participation activities for both primary and secondary school pupils providing opportunities not available within the curriculum and sharing details of local clubs/venues with participants | <ul style="list-style-type: none"> <li>No of sports deliverers</li> <li>Case studies/videos</li> <li>Media Interest</li> <li>Schools quotes</li> </ul> Promotion in Girls Together newsletter | in International Day of the Girl<br>No secondary baseline as new event | age 7-11 years<br>300 secondary school girls age 11-13 years                           | £900<br>600 Girls Together bags £1332<br>Coaching costs £2000<br>Photography £175<br><b>Total £4407</b>   | providing activities free of charge                          |
| Participation for Wellbeing                        |   |   |   |  |  |   |  |
| Girls Together - Pre/Post natal support programmes | Girls Together will link with existing partners to enhance the delivery of pre/post natal exercise provisions in the Southern arc of the City for teenage mothers   | The rate of teenage pregnancy among under 18s in Cardiff is higher than the Wales average and the rate of teenage pregnancy tend to be higher in more deprived areas. (Cardiff public service board)  | <ul style="list-style-type: none"> <li>No of participants</li> <li>Monitoring of participants activity levels both pre and post natal</li> </ul> Monitoring uptake of additional activities   | New programme - No baseline data                                       | Establish 2 new weekly classes for this remit, allowing access to 20 females each week | Delivery costs:<br>X2 sessions at £25 per hour over 36 weeks £1800<br>facilities £1440<br>Expert tutors £1200<br>Resources £200<br><b>Total £4640</b> | <b>£3200</b> facility price reduced by working with partners |
| Girls Together - Social Impact                     | Girls Together will develop a series of   | Previous success with female social running and cycling groups has shown a  | <ul style="list-style-type: none"> <li>Number of attendances</li> </ul>   | <ul style="list-style-type: none"> <li>Wheel wome</li> </ul>           | <ul style="list-style-type: none"> <li>Wheel Wome</li> </ul>                           | Running Coaches x 3<br><b>£1,400</b>  | training costs,  |

|  |  |   |   |   |   |  |   |
|--|--|---|---|---|---|--|---|
| Activities   | social running groups across the City to emulate the success of the existing provision in Splott. The Wheel Women female cycling group will benefit from a new indoor group cycle classes as well as regular opportunities to cycle outdoors | demand for further provision to target other areas of the City to increase participation. Both groups will be extended across 3 NHM areas allowing easier access for participants   | <ul style="list-style-type: none"> <li>No of sessions</li> <li>No of coaches upskilled</li> <li>No of external events participated in by groups</li> <li>Social media engagement (Wheel Women have own twitter account)</li> </ul>            | n 100<br>wome<br>n<br>engag<br>ed 141<br>attend<br>ances<br><br>Running 20<br>women<br>engaged 720<br>attendances | n 200<br>wome<br>n<br>engag<br>ed 282<br>attend<br>ances<br><br>Running 60<br>women<br>engaged 2160<br>attendances              | at £10 per<br>hour over 36<br>weeks £1080<br>Running kit<br>30 at £20<br>£600<br>Run leaders<br>training<br>£1200<br>Facility<br>charges £320<br>Bike<br>Maintenance<br>courses x3<br>£600<br>Cycling<br>jerseys x 20<br>at £30 £600<br><b>Total £4400</b> | maintenance<br>courses and<br>kit will be paid<br>for by<br>participants  |
| Girls Together - Schools offer with teenage targeted interventions | A new opportunity developed for both school and community use will target teenage girls within a 10 week health and wellbeing programme  | There is still an identified drop off for teenage girls participating in physical activity and research highlights many barriers around wellbeing including lack of confidence and self-esteem in young girls. In our Community offer we will utilise external partner Full Circle, whilst resources from the Dove True2Me programme will be utilised in the schools offer. Workshops will cover self-confidence and self-worth, healthy self-image, resilience and strategies for maintaining positive health and wellbeing, maintain good | <ul style="list-style-type: none"> <li>Pre/post questionnaire</li> <li>Interaction in session/compl etion of homework tasks</li> <li>No completing programme (10 weeks)</li> <li>Monitoring no of junior GLL memberships following</li> </ul> | New programme -<br>No baseline data   | 250 girls age 13-16 receiving fitness taster, 120 girls enrolled in community programme, 90 girls involved in schools programme | To deliver 2 community course and 2 school based courses<br>Materials £240<br>Facilities £1200<br>instructor costs £1200<br>experts to deliver workshops   | <b>£3,000</b> costs are subsidised by external partner funding and reduced rates for instructor and facility fees |

|   |  |  |  |                                  |   |   |   |
|---|--|--|--|----------------------------------|---|---|---|
|   |  | nutrition, media literacy, developing strategies to promote positive physical and mental health  | programme  |                                  |   | £1000<br>Incentives<br>£1100 <b>Total</b><br><b>£4740</b>   |   |
| Girls together<br>- Active adults wellbeing programmes                          | Similar to the teenage intervention programme an adult programme will allow women to access a range of physical activities alongside support in healthy eating and lifestyles. The programme will offer a holistic approach to a healthy lifestyle | 75 percent of women report wanting to exercise more, but not making it to the gym, and almost all site fear of being judged as the reason (Sport England). Allowing women to come together and have focused sessions around wellbeing and exercise classes provided in a safe controlled environment will increase the self-confidence of women and aid them in accessing other services in the future | <ul style="list-style-type: none"> <li>• Pre/post questionnaire</li> <li>• Interaction of participants in sessions</li> <li>• Monitoring of additional activities taken up by participants</li> <li>• Case studies/videos</li> </ul> | New programme - No baseline data | 30 ladies attending a 10 week programme | To deliver 1 pilot programme over a 10 week period. Course materials £100 Facilities £200 Instructor costs £200, experts to deliver workshops £1,200 Incentives £300 <b>Total £2000</b> | <b>£2000</b>  |
| Fitfun - programme for children above a healthy weight aged between 8-11 years. | Fitfun is a 10 week programme for families wanting to become healthier together. This programme has been designed by Families First Dietitians with input  | 1 in 4 children within Cardiff are not a healthy weight. Overweight children tend to become overweight adults, which can lead to short and long term health problems such as type 2 diabetes, heart disease, high blood pressure and some cancers.   | Number of children / families engaged<br><br>Improvement of fitness / measurement levels<br><br>% of families who feel more healthy – case studies / feedback  | 20 families                      | 30 families                             | £6000   | £1000<br><br>Coach costs – 18 sessions per programme x 6 programmes |

|                         |   |   |                      |               |             |      |             |
|-------------------------|---|---|----------------------|---------------|-------------|------|-------------|
|                         | <p>from families across Cardiff and delivered in partnership with Sport Cardiff. The programme includes 2 hour of physical activity a week which mainly consists of fun games and then 1 hour of nutritional support. 2 programmes are held per school term in various locations across the city, ensuring each neighbourhood management area is catered for.</p> <p>Develop eye catching promotional materials to support the I Can U Can campaign.</p> <p>Wide spread promotion is key to this programme.</p> |   |                      |               |             |      |             |
| South West Social well- | The project will be   | As a result of this project, engagement | We will identify the | As a baseline | The primary | £320 | <b>£320</b> |

|  |   |  |  |   |   |  |   |
|--|---|--|--|---|---|--|---|
| being project  | carried out through a partnership with local primary schools using the power of physical activity to develop parent and child engagement  | with the parents will show the positive effects on their child's behaviour through sporting activity. Furthermore, the outcomes of this project will aim to have a greater impact upon behavioural patterns for future generations, which fall in line with the Cardiff commitment and well-being plan | impact of this project by monitoring the progress made by each family via case study analysis.<br><br>At the end of the projects duration, we will assess the progress made by observing the parent-child interaction session, which is led by the parent. | for this project the initial target will be between 5-10 families to take part in these sessions<br><br>These sessions will be spread over the course of a six week period with an initial pilot session. | target for this project will be families initially involved in the partnership primary school, with an opportunity to then carry this project out within the wider community of SW Cardiff. |  |   |
| <p><b><u>Poverty Plan - Partnership with Street games to develop plan to enable those living in poverty in the City to access sporting opportunities</u></b></p> | <p>Weekly sports programme for children from the area, targeting young people aged between 4-11 and leaders of the future from ages 14+ .</p> <p>Facilities will include the Powerhouse in Llanederyn, YMCA Plasnewydd and Star Hub</p> <p>Coaches and volunteers will be</p> | <p>People living in poverty are more likely to be overweight / obese (liveable City Report, 2017)</p> <p>All facilities and targeted areas are located in Welsh multiple deprivation index area of deprivation. (top 10% in Wales)</p>   | <p># of children / families engaged<br/>good news stories<br/>reduction in health inequalities (long term)<br/>ASB figures<br/>Survey / Questionnaires</p>   | <p>New partnership</p>  | <p>4 sessions a week of Sport</p> <p>100 attendances</p> <p>5 new volunteer coaches to complete training course.</p>  |  | <p>£5000</p> <p>£2500 to pay coaches</p> <p>£1000 worth of new equipment</p> <p>Facility Hire - £500</p> <p>£1000 – subsidising sessions for those in need.</p> |

|   |   |   |  |  |          |   |       |
|---|---|---|--|--|----------|---|-------|
|   | <p>sourced through a partnership with Street Games and coaches within the Sport Cardiff database.</p> <p>Street Games will run a training course (doorstep sports) for youth club attendees.</p> <p>Youth Workers will identify suitable young people from within the system to be leaders.</p> |   |  |  |          |   |       |
| Older generation - Inclusive Activities | <p>Ongoing provision with various partners, Woodcroft Llanrumney Ladies, St Mellons Walking Groups, Indoor Bowling Pinetree Court Hospital, ADHD Cardiff</p>  | <p>Health and wellbeing of senior residents is often their only social activity they may attend and can feel neglected and lonely. This way they become more confident with social skills and not housebound.</p> <p>Working with specific groups like ADHD Cardiff and Pinetree Hospital providing coaches to support closed sessions.</p> | <p>Case studies</p> <p>Increased opportunities and attendances</p> <p>Football league for the hospital</p> <p>Additional fortnightly multi sports drop in session for children with ADHD</p> |  | All ages | <p>Coach cost 40 weeks x £10</p> <p>Venue hire £20 x 30 weeks</p> <p>Equipment- £200</p> <p>Table tennis and Football ADHD £10 x 26 weeks</p> | £1500 |
| Sustainable Community Activity          |   |   |  |  |          |   |       |

|   |  |  |  |   |   |  |           |
|---|--|--|--|---|---|--|-----------|
| Girls Together - Engage with new partners | There are 27 existing Girls Together partners and the campaign aims to recruit one new partner each month. Partners receive the benefits of promotion of their activities and access to Girls Together events  | There are many clubs, businesses and organisations in Cardiff which specialise in delivery of female activities. Partnered working allows for increased opportunities and supports existing programmes through promotional tools       | Number of new partners<br><br>Number of new partner offers for Girls Together memberships card<br><br>Number of partners providing taster sessions           | 27 partners to date engaging on average 1 new partner per month | 12 new partners engaged (1 new partner per month)                       | New partners will be engaged through networking event and sharing information.<br><b>Total £0</b>        | <b>£0</b> |
| Girls Together memberships                | The Girls Together membership card is available to women age 18+ and offers a variety of benefits provided through Girls Together partnerships with local businesses, clubs and organisations. The incentive lit needs to be grown and the card promoted to a wider network of women | An incentive scheme can help to encourage women to take up new opportunities. Often a free taster class can result in women committing to opportunities long term  | <ul style="list-style-type: none"> <li>No of new memberships</li> <li>No of incentives provided by partners</li> </ul> Tracking of usage of membership cards | 58 membership cards issued                                      | 96 new memberships  | No associated costs – working with our partners to create a strong incentives package<br><b>Total £0</b> | <b>£0</b> |
| Girls Together research project           | Through the partnership with Cardiff Metropolitan University and opportunity has been created for a masters student to utilise Girls   | Time spent considering the current insight for female participation in sport and balancing this against the effects of operating the Girls Together campaign will help to shape the future direction of programmes within the campaign | <ul style="list-style-type: none"> <li>Sharing research with other partners</li> <li>Identifies areas of improvement for the</li> </ul>                      | New programme - No baseline data                                | 1 masters student researching the impact of the Girls Together campaign | Due to partnership with Cardiff Metropolitan University there is no identified                           | <b>£0</b> |

|   | Together as part of a research project/dissertation   |  | campaign   |                                       |  | cost £0<br><b>Total £0</b>   |  |
|---|---|--|--|---------------------------------------|--|--|--|
| Girls Together - Female Sport and Physical activity forum | Girls Together is committed to working with BME groups, females living in poverty and disabled females. Girls Together will create a women and girls sports forum to bring together key partners and look to fund worthwhile projects to increase female participation within these groups  | Sport Cardiff have identified a need to provide targeted work to areas of disadvantage, BME groups, disability and Women and Girls. Girls Together provides activities for females, but also increases opportunities for people in the other identified groups | <ul style="list-style-type: none"> <li>Forum established</li> <li>Three forum meetings held</li> <li>Number of partners representing at forum</li> <li>Case studies/good news stories</li> <li>Amount of funding allocated to projects and updates for impacts of funding</li> </ul> | New programme - No baseline data      | Women and Girls forum created hosting 3 meetings per year and targeting up to 10 partner organisations working with females, but outside of a sporting remit | Venue hire x3 sessions (3 hours each) at £50 per hour £450<br>Catering £90<br>small grants award money £1,500 (£500 per meeting)<br><b>Total £2040</b> | <b>£1700</b> cost reduced for venue hire |
| Girls Together - Role Model programme                     | Girls Together will enhance the existing role models programme by widening the opportunity to females in Cardiff and selecting individuals who have the skills to inspire others to be physically active. The target audience is wide reaching and will include athletes, mothers and women | Recruiting inspiring females to share their stories and inspire others to be more physically active. Other programmes such as This Girl Can and Our Squad have demonstrated the positive impacts role models can provide                                       | <ul style="list-style-type: none"> <li>No of applications received</li> <li>Measures of social media interaction</li> </ul> Feedback/case studies from successful role models  | 12 role models recruited in 2016-2017 | 15-20 new role models recruited  | Recruitment event facility (3 hours) £120<br>Photography £175.00<br>Branded T-Shirts £72.00<br>Catering £100<br><b>Total £467</b>                      | <b>£467</b>                              |

|   |  |  |   |                                  |                                    |   |                          |
|---|--|--|---|----------------------------------|------------------------------------|---|--------------------------|
|   | representing specific equality strands such as BME, Disability etc   |  |   |                                  |                                    |   |                          |
| <b>Major Event Support</b>  | Support major events to raise the profile of grassroots sport in Cardiff.  | <p>Provide opportunities for the public to try sports whilst at events. Whilst attending events over the years we have found it is a good way of reaching members of the public we may not normally though our programmes. It's an opportunity to promote existing programmes and community clubs. It also provides opportunity to consult on specific programmes.</p> <p>Engage and recruit volunteers from the wider area.</p> | <p>Number of events attended.</p> <p>Footfall at events</p> <p>Increased participants at SC projects due to advertising.</p> <p>Volunteers engaged at major events.</p>               | 3 major events per year          | 3 major events per year.           | <p>Tail lift van = £600</p> <p>Generator = £350</p> <p>Staff / coaches = £500</p> <p>Equipment = £500</p> |                          |
| <b>Cardiff Games - Providing opportunities for more young people to be involved -Increasing academic skills / Skilled workforce</b> | Utilising the Cardiff Games to support delivery of the National Curriculum specifically the Digital Competency Framework at competitions | Feedback from schools over the last few years have suggested it is sometimes easier to bring a whole class to a competition rather than a 'team'. However not all of these pupils want to compete. By supporting schools to create media crews / reporters / bloggers / vloggers / photographers more pupils can be engaged which support their development. This in return will also help to increase                           | <p>School and pupil blogs / vlogs circulated on website and to partners.</p> <p>Prizes for blog of the term or additional CG points.</p> <p>Gain an insight into the impact these</p> | 1 media crew<br>1 blog<br>1 vlog | 4 Media Crews<br>3-5 termly blogs. |   | £500 printed media cards |

|  |   |  |  |   |   |  |                               |
|--|---|--|--|---|---|--|-------------------------------|
|  |   | <p>exposure of the Games &amp; offer an alternative strand to ensure schools value attending.</p> <p>The School Games in England do this well and it helps to engage with more pupils and schools.</p>   | <p>experiences can have on pupil confidence and behaviour in school.</p> <p>Increase links with Education department within Cardiff Council</p>  |   |   |  |                               |
| <p><b>Cardiff Games - Providing competitive opportunities for all within the local area.</b></p> <p><b>Cardiff Games - Working in partnership.</b></p> | <p>Engage with external partners to offer high quality competitions and events.</p>   | <p>The Cardiff Games allows NGB's the opportunity to access schools and pupils to showcase their sport. The more established sports in the competition calendar will have their own competition, but for the new sports or smaller sports they will form a part of the regional multi-sport festivals.</p> <p>Rather than all NGB's competing for time in schools, there is instant access at the Cardiff Games which can lead to follow up conversations and opportunities provided in schools.</p> | <p>Number of partners.</p> <p>Number of sports</p> <p>Numbers participating</p> <p>Good news stories and engaging the unengaged.</p> <p>Increase in club membership following competitions</p> | <p>32 partners</p>  | <p>34 partners</p> <p>Welsh Cycling</p> <p>Kidney Wales</p> |  | <p>Inc. in costings above</p> |
| <p><b>Cardiff Games - Develop the sporting pathway</b></p>   | <p>Engage and support School Sport Associations to deliver top-level school sport competitions.</p> <p>Provide support to ensure SSA's have appropriate</p> | <p>Offer new opportunities under the umbrella of the Cardiff Games.</p> <p>Support teachers with school sport delivery.</p> <p>Increase participation figures.</p> <p>Support with Talent ID of pupils linking</p>   | <p>Participation figures.</p> <p>Number of schools engaged.</p> <p>Quality of the partnerships / relationships with SSA's</p>  | <p>Strong partnerships built with 5 SSAs.</p> <p>Netball</p> <p>Hockey</p> <p>Basketball</p> <p>Gymnastics</p> <p>Athletics</p> |   |  | <p>£0</p>                     |

|  |   |  |   |  |   |  |                                    |
|--|---|--|---|--|---|--|------------------------------------|
|  | governance structures.  | schools with NGB's<br><br>Extend the player pathway.<br><br>Ensure the competitions are sustainable for future generations.  | Pathway established from Cardiff Games competitions to SSA A team competitions  | Explore links between SSA and Cardiff Met Uni.   |   |  |                                    |
| <b>Additional investment to support Cardiff Games</b><br><br><b>Marketing / Profile / Exposure</b> | Identify sponsors to add quality and prestige to the Games by rewarding schools for their commitment throughout the year.<br><br>Increase the brand awareness & impact of the Cardiff Games to the wider community. | Approach local businesses and organisations for additional benefits (in-kind or financial) to competing. I.e. Free supply days / free sports kit / water for events.<br><br>Increase external funding avenues / sponsors therefore reducing the need for core funding.<br><br>Raise the number of schools competing / engaging.<br><br>Increase external funding avenues / sponsors therefore reducing the need for core funding.<br><br>Raise the number of schools competing / engaging. | The value of in-kind support.<br><br>Additional income.<br><br>Appearance in local magazines / newspapers<br><br>Parent / school / HT buy-in.<br><br>Attendance at Head teacher meetings. | 3 companies<br>• Academics Teaching Agency<br><br>• Total Teamwear<br><br>• Radnor Hills | 5 companies   |  | £1200<br><br>Promotional material. |
| I Can, U Can Campaign<br>PLAY  | Taster Events with partners e.g:<br>• Whizz Kidz<br>• Special Olympics<br>• British Bind  | Lack of confidence and lack of awareness of opportunities are big barriers to many disabled people. Impairment specific events give smaller groups of people with the same disability a chance to try appropriate  | Increase participation figures in annual Disability Sport Wales KPI's<br><br>Increased club   | Number of participatory opportunities 2017<br>160,624                                    | 3 impairment specific events<br><br>60 participants at events | Venue hire<br>£600<br>coach fees,<br>£300<br>club exit route | £2,600                             |

|                                      |  |   |   |  |  |   |               |
|--------------------------------------|--|---|---|--|--|---|---------------|
|                                      | <p>Sport</p> <ul style="list-style-type: none"> <li>• ALAS</li> <li>• Pinewood Court Hospital</li> </ul> <p>Continue Sport Cardiff Multisport sessions at Talybont. Weekly session for disabled adults and fortnightly session for disabled children</p> <p>Link with DSW Talent ID Officer to develop a physical activity session for pre-school disabled children and their siblings.</p> <p>Purchase additional equipment for specific target groups including, visually impaired adults and disabled pre-school children</p> | <p>sports particularly suited to their impairment and learn about local exit route clubs.</p> <p>Partners who work with specific target groups would assist with inviting participants. Whizz Kidz (wheelchair users), Special Olympics (learning disability), British Blind Sport (visual impairments), ALAS (amputees), Pinewood Court (significant mental health conditions)</p> <p>40% of disabled young people hooked on sport (School Sport Survey 2015)</p> <p>“Adults with an illness, disability, or infirmity” were less likely to have participated in sporting activity in the last four weeks (47%) than those without (69%) (State of the Nation 2017)</p> <p>29% of disabled people believe their disability prevents them from taking part in sport (Your Sport Your Way survey 2016)</p> | <p>membership in disability sport and inclusive sports clubs</p> <p>Case studies of participants who attend and feel more confident and increase their physical activity as a result.</p> |  | <p>15 additional club members</p> <p>Increase in participatory opportunities</p> | <p>marketing £150</p> <p>Photographer for role model marketing £250</p> <p>Multisport sessions coach fees £400 and additional equipment £400</p> <p>Target group equipment £500</p> |               |
| <p>I Can, U Can Campaign COMPETE</p> | <p>Taster Events with Talent ID Focus:</p> <ul style="list-style-type: none"> <li>• Fencing</li> <li>• Taekwondo</li> </ul>  | <p>Whilst Sport Cardiff Games provides fantastic opportunities for disabled children to compete, we also need to address the need for competitive opportunities for disabled adults.</p>  | <p>Increased membership at clubs offering competitive opportunities</p>   | <p>Current number attending clubs with competitive</p> | <p>Increased in membership of those clubs<br/>20 participants</p>                | <p>Venue Hire, coach fees, club exit route marketing</p>  | <p>£1,150</p> |

|              |                                   |  |  |                       |           |   |        |
|--------------|-----------------------------------|--|--|-----------------------|-----------|---|--------|
|              | ((Cardiff Games support))         | <p>There are fewer local opportunities for disabled people to compete in sport than non-disabled people.</p> <p>The majority of projects focus on disability sport “participation” but few focus on competing.</p> <p>Disabled people who attend mainstream clubs are less likely to be aware of disability specific competitive opportunities they could be accessing.</p> <p>Mainstream clubs are less likely to be aware of disability sport pathways for their disabled members than disability specific clubs would be.</p> <p>Mainstream clubs may need support with making their local competitions inclusive and also where to signpost disabled members onto the disability sport pathway where appropriate.</p> <p>Need to raise awareness of local clubs with competitive opportunities such as Special Olympics Clubs, Wheelchair Tennis, Wheelchair Basketball, etc. as well as utilising elite role models to promote pathway opportunities.</p> | Number of people attending Talent ID / taster events | opps = 441            | at events | £800<br><br>Photographer for role model marketing<br>£350 |        |
| I Can, U Can | Pop up banners<br>Pull up banners | Lack of awareness is still a huge barrier to disabled people participating in sport  | Interactions with the campaign and general           | Disability Sport Club |           | Pop Ups x4<br>£1,000                                      | £2,700 |

|  |  |   |  |   |   |   |             |
|--|--|---|--|---|---|---|-------------|
| <p>Campaign Marketing overall</p>                                      | <p>Short Films<br/>T-shirts for role models and case studies</p>   | <p>as well as a lack of self confidence and the belief that their disability prevents them taking part in sport. Marketing role models is a key factor to show disabled people what the CAN do!</p> | <p>brand awareness.<br/><br/>Measure social media interactions regarding #ICanUCan</p>   | <p>Membership 2017 = 985<br/><br/>Number of disabled coaches 2017 = 14<br/><br/>Number of disabled volunteers 2017 = 34</p> |   | <p>Pull Ups x 4 £1,000<br/>Filming and Editing £400<br/>T-shirts £300</p> |             |
| <p>Cardiff &amp; vale Disability Sport and physical Activity Forum</p> | <p>With so many organisations working with disabled people in Cardiff and the Vale, a Disability Sport and Physical Activity Forum has been launched as a partnership between Sport Cardiff and Vale of Glamorgan Sports Development.<br/><br/>The Forum is about bringing organisations together to see how sport and physical activity could help meet their agendas by working in</p> |   | <p>Number of organisations attending the Forum meetings<br/><br/>Case studies of successful partnership projects as a result of the forum<br/><br/>Increase in club membership</p> |   | <p>Increase in number of Forum members<br/><br/>Increase in club membership</p> | <p>Venue hire £300</p>  | <p>£300</p> |

|                   |  |  |  |   |  |   |        |
|-------------------|--|--|--|---|--|---|--------|
|                   | <p>partnership.</p> <p>Working with these partners is key to them promoting existing physical activity opportunities to the disabled people they support.</p>  |  |  |   |  |   |        |
| Club Development: | <p>Run a workshop to support club development in collaboration with Coaching and Workforce Co-ordinator</p> <ul style="list-style-type: none"> <li>Vibrant and visible clubs</li> </ul> <p>One workshop covering multiple areas of support is more time efficient for club representatives and tailored specifically to the needs of Cardiff clubs</p> | <p>3 key areas came through as priorities for clubs (Club Survey 2016)</p> <ul style="list-style-type: none"> <li>Funding</li> <li>Promoting your club</li> <li>School Club links</li> </ul> <p>This workshop has been adapted to include all these areas with a Sport Cardiff focus</p> | <p>No. of people who attend the workshop</p> <p>No. of clubs represented at the workshop</p> <p>Case studies / quotes from attendees</p> |   | <p>20 people attend</p> <p>12 clubs represented</p>                            | <p>Venue hire, resources and tutor fees<br/>£500</p>                        | £500   |
| insport club      | <p>Increase the number of Cardiff based clubs with DSW insport ribbon accreditation</p> <p>Support insport clubs</p>   | <p>With over 400 clubs in Cardiff, we need to ensure as many as possible are inclusive for the diverse population of the City. This includes ensuring as many clubs as possible welcome disabled people, and are promoting themselves</p>  | <p>The number of insport clubs in Cardiff</p> <p>The number of clubs progressing beyond insport ribbon</p>                               | <p>As of 2017 there are 13 insport clubs in Cardiff</p> <p>3 gold / 2</p> | <p>25 insport clubs</p> <p>(4 gold clubs/<br/>3 silver clubs/<br/>3 bronze</p> | <p>First Aid and Safeguarding courses for clubs working to gain insport</p> | £1,400 |

|                |  |  |   |   |                            |   |                 |
|----------------|--|--|---|---|----------------------------|---|-----------------|
|                | with gaining the next level of insport, and increase the number of clubs at gold level.  | as inclusive.  | The number of clubs with insport gold   | silver / 2<br>bronze / 6<br>ribbon          | clubs/15<br>ribbon clubs)  | £500<br><br>Guidance resources for clubs £300<br><br>Sponsored posts on social media £100<br><br>Incentives £500            |                 |
| Club Directory | <p>Develop our new online club directory to become the one stop shop for sports club enquiries</p> <p>Add functions such as emailing clubs directly and the ability for clubs to include more images and a logo with their details etc.</p> <p>Produce leaflets to promote the online directory to potential participants. Leaflets to be used at events such as Just Ask, Cardiff Games, plus all</p> | <p>With over 400 sports clubs in Cardiff it is important to highlight what is on offer.</p> <p>Only 24% of adults (National Survey Wales 16/17) are members of sports clubs whilst 54% of young people (School Sports Survey 2015) claim to be members of a club</p> | <p>Increase in club membership across the City</p> <p>Number of clubs on the online directory</p> <p>Case studies from clubs on new members signposted from the directory</p> | No. of clubs in the online directory 2017 = | 100 clubs in the directory | <p>Licence for the online club directory £625</p> <p>Further develop online directory £475</p> <p>Produce leaflets £400</p> | £1,500<br><br>? |

|             |  |  |  |                      |                |  |       |
|-------------|--|--|--|----------------------|----------------|--|-------|
|             | public events we attend.   |  |  |                      |                |  |       |
| Super Clubs | <p>Our quality assurance mark to ensure we can signpost to safe clubs with all the minimum standards in place</p> <p>Providing incentives to clubs</p> | <p>Ensure safe and fit for purpose clubs</p> <p>Strengthen relationships with clubs in the City and further promote our brand</p> <p>With the vast majority of clubs being run by volunteers, the majority of whom are very busy, it is important for there to be strong incentives to encourage clubs to engage rather than just the moral reasons why.</p> | <p>No of Super Clubs</p> <p>No. of workshop attendances</p> <p>No. of new providers on the incentives list</p> | 6 launch Super Clubs | 20 Super Clubs | <p>Incentive packs x 50<br/>£1,250</p> <p>Coach education discounts (20% off workshops)<br/>£300</p> <p>Prize Draws x 6<br/>£600</p> <p>Flyers to promote<br/>£300</p> <p>Pull up banners<br/>£700</p> <p>Pop up banners<br/>£500</p> <p>Use of inflatables at events<br/>£600</p> | £2950 |
| Just Ask    | Run 4 Just Ask drop in   | With over 400 clubs it is impossible to  | No. of clubs who   |                      | 40 clubs       | Venue Hire   | £800  |

|                 |  |  |  |  |   |   |                 |
|-----------------|--|--|--|--|---|---|-----------------|
|                 | <p>events in line with upcoming Community Chest panels.</p> <p>Giving clubs an opportunity to meet with Sport Cardiff at a time that suits them.</p> <p>A chance to gain support on funding, club development plans, insport, school club links etc.</p>   | <p>visit them all.</p> <p>Just Ask events give us the opportunity to see on average 10 clubs in one day, which would not be achievable without this type of event.</p>   | <p>attend Just Ask events</p> <p>No. of Community Chest application received from clubs who attend</p> <p>No. of clubs who sign up for insport</p> |  | <p>attend</p> <p>25 Community Chest applications awarded as a result of Just Ask</p> <p>2 new insport clubs</p> | <p>£800</p> <p>Sponsored social media posts £200</p> <p>Pull up banners £600</p> <p>Fin banner £250</p> <p>Table Cloth £200</p> |                 |
| Community Chest | <p>6 Regional panels running 3 panel meetings each. Final Panel will be a central panel bringing all 6 chairs (or area representative) together to decide on final applications of the financial year.</p> <p>New independent panel members will be recruited and training will be provided for all members on the</p> | <p>Pilot of new approach was successful with regional panels providing local knowledge and judgement.</p> <p>Holding central panel highlights consistency across the areas but also a learning opportunity from other regional panels.</p> <p>Training will correct current inconsistencies between panels and state roles and responsibilities for the chair and panel members.</p> | <p>Number of applications</p> <p>Total amount of grant awarded</p> <p>Case studies of successful clubs</p>   | <p>£123,500 +£5000 additional investment awarded in 17-18</p> <p>Over 50% of grants awarded targeted tackling inequality</p> | <p>Total number of community chest applications received</p> <p>Total number of TI applications received</p>    | <p>£123,500</p>   | <p>£123,500</p> |

|                 |   |  |   |   |   |      |       |
|-----------------|---|--|---|---|---|------|-------|
|                 | criteria.   |  |   |   |   |      |       |
| Community Sport | Sport Cardiff will facilitate opportunities for people to participate in sport within community settings, from developing physical literacy skills, creating and sustaining pathways from school to community through to NGB pathway and developing intervention programmes for those who may not usually engage in sport | The school sport survey 2015 showed that 67% of pupils enjoyed sport outside of school a lot and with only 29% of adults partaking in physical activity at least 3 times a week (National Survey for Wales,2017)   | school sport survey<br>National survey for Wales<br>Participation figures case studies <ul style="list-style-type: none"> <li>• Feedback</li> </ul> | 62% of children take part in a club outside of school (SSS)                                     | 65% of children taking part in a club outside of school (SSS) |      | £5580 |
|                 | <b>South West - Community Fun day</b><br><br>The project will involve an event celebrating sport in Caerau & Ely during the summer period   | The event will create inclusive opportunities for the community to engage in activities that are not usually accessible. The event will also provide us with a chance to work alongside local clubs/partners to deliver the event, whilst also promoting the opportunities available within these clubs to the wider | In order to demonstrate the impact of the project, we will gather feedback from the community/partners via questionnaires, surveys and quotations.  | As a baseline for this event we will look to engage 100 members of the community across Caerau, | The communities of Caerau, Ely and Canton.                    | £200 | £200  |

|  |   |  |   |                 |   |   |              |
|--|---|--|---|-----------------|---|---|--------------|
|  |   | community.   |   | Ely and Canton. |   |   |              |
|  | <p><b>East - Junior Sports Programme</b></p> <p>To run various activities such as Cricket, Badminton, Football, Netball, Street Dance, and Table Tennis in local leisure centre and library</p>   | <p>The area has very limited sports clubs with rugby, football, judo, boxing and table tennis. Children have little opportunity to try and participate in alternate sport and have difficulty to travel to club in other areas of the city. Bus routes are limited and a 1.5hour bus journey to attend a session in Cardiff Met</p>          | <p>The impact will be the children attending the sessions run by the coaches and NGBs that can identify talented and abled children. Cricket Wales hope to see Lisvane Cricket welcome new players from the hub</p>   |                 | <p>Ages 4-12 years</p>  | <p>Cost Hire of venue</p> <p>48 weeks @£60</p>  | <p>£2880</p> |
|  | <p><b>Oasis Cardiff</b></p> <p>Sport Cardiff have developed a strong relationship with Oasis Cardiff over a number of years. Within 2018 the main aim of the partnership is to promote integration for those accessing the centre through sport. Basketball League: Oasis will be running regular monthly basketball fixtures at the centre. This fits in with much of the local secondary school provision as basketball</p> | <p>Throughout 2017 basketball was developed as a key sport within the centre with the weekly sessions taking place being well attended. The players now require a more competitive outlet which will also encourage community integration, and in the long term increase confidence so that the Oasis players go on to join local teams.</p> | <ul style="list-style-type: none"> <li>• Number of players from Oasis Cardiff entering regularly.</li> <li>• Number of players from Oasis Cardiff joining local basketball teams.</li> <li>• Number of community teams engaging in the Oasis League.</li> </ul> |                 | <p>12 teams of 4 players each month. 48 players per league.</p> <p>Minimum of 6 Oasis teams per league.</p> | <p>Equipment Referees Score Board</p> <p>£500</p> <p>Equipment: £200</p> <p>Level 1 course: £190.00</p> | <p>£500</p>  |

|  |  |  |   |  |  |  |  |
|--|--|--|---|--|--|--|--|
|  | <p>has been identified as a priority sport for the area and will be a means of getting people accessing the centre that are not refugees or asylum seekers.</p> <p>Oasis Volleyball: to run regular volleyball sessions from Oasis Cardiff.</p> <p>The sessions will be delivered weekly for the first 6 weeks by a qualified coach, from here a volunteer from within the centre will be trained up to deliver the sessions. Volleyball is extremely popular with the clients at Oasis and a weekly Sunday session has recently been established. The sessions taking place at the centre will feed players into the Sunday session and eventually begin to engage players from</p> |  | <ul style="list-style-type: none"> <li>• Discussions with players at Oasis and the impact that regular sport has on their physical and mental wellbeing.</li> <li>• Number of player attending sessions at Oasis Cardiff.</li> </ul> <p>Number of local people attending Sunday sessions.</p> |  | <p>40 Oasis Cardiff clients playing regularly.</p> <p>20 transitioning in to Sunday club throughout 2018.</p> <p>10 new Sunday club players from within the local community.</p> |  |  |
|--|--|--|---|--|--|--|--|

|  |   |  |  |                    |  |                    |       |
|--|---|--|--|--------------------|--|--------------------|-------|
|  | within the local community as a means of promoting integration. 300   |  |  |                    |  |                    |       |
|  | <p><b>STAR Hub- Community Sport</b></p> <p>Partnership work between GLL (STAR Hub), Street Games and Sport Cardiff. The partnership has come together to meet the sporting demands of the local community. Following consultation within the local community regular sport sessions will be established for young people living in the local areas, with the first 6 weeks of each session being funded by Sport Cardiff and the remaining sessions being funded by GLL/ charging the participants.</p> | <p>To meet the demands of the local community. There is a lack of sporting activity taking place for young people in the local area since the closure of STAR Centre and Splott Pool.</p> <p>To reduce anti- social behaviour, particularly around the centre as this is an ongoing issue within the area.</p> | <ul style="list-style-type: none"> <li>Number of young people attending sessions</li> </ul> <p>Reduction in anti-social behaviour (linking in with PCSO's)</p> |                    | Over 100 young people involved in community sport. | Coach costs: £1000 | £1000 |
|  | <b>Butetown Pavilion Basketball Project</b>   | There is currently a lack of sport provision available aimed at this age group.  | Impact will be demonstrated by the number of   | 1 session per week | 3 sessions per week                                |                    | £1000 |

|                  |  |   |   |   |  |  |   |
|------------------|--|---|---|---|--|--|---|
|                  | <p>Working alongside the Butetown Dragons we are developing a mini's ruby session to get younger children involved in basketball. The session will be aimed at children of primary school age and will be aimed at local primary schools. The session will be aimed at KS1 pupils and all sessions will be coached by Butetown Dragons which will then develop into a team. We will need to purchase adjustable hoops that the younger children can reach.</p> | <p>Basketball still remains as one of the most popular sports in Cardiff City and South.</p> <p>Sport Cardiff staff have been asked on many occasions if there are sessions available for the 3-7 age group.</p>  | <p>participants that take part and the number of participants who move from the community to club setting.</p>                                | <p>10 attendances</p>   | <p>40 attendances all of primary school age.</p>   |  |   |
| Workforce        |  |   |   |   |  |  |   |
| COACHING ACADEMY | <p>The Coaching Academy aims to identify and develop promising coaches and take them beyond the "minimum" on towards "excellence". This will be achieved</p>   | <p>(1) Better quality coaching results in better experience for participants. A better experience for participants will result in increased and sustained participation;<br/>(2) National trends among coaches show many limit their development to minimum requirements of NGBs (Welsh</p> | <p>(1) Total numbers recruited onto each strand;<br/>(2) Next-step NGB qualifications completed;<br/>(3) safeguarding workshops attended;</p> | <p>36 Coaches achieving:<br/><br/>(1) Next-step NGB coaching qualifications;<br/><br/>(2)</p> | <p>50 Coaches achieving:<br/>(1) Next-step NGB coaching qualifications;<br/><br/>(2)</p> | <p>Coach Kit £1,650.00<br/>First Aid £937.50<br/>Safeguarding £675<br/>NGB Qualification</p> | <p>Coach Kit £1,500<br/>First Aid £700<br/>Safeguarding £500<br/>NGB Qualifications = £5000</p> |

|  |   |  |  |  |   |   |
|--|---|--|--|--|---|---|
| <p>through a 2 year programme including a variety of bespoke workshops delivered by industry experts, mentoring support, peer forums, and coaching opportunities. In addition, academy members will receive Coaching Academy kit, as well as funding support towards next-step NGB qualifications. The 'Junior' and 'Student' strands will also receive support through Sports Leadership qualifications.</p> <p>There are four strands to the Coaching Academy:<br/> (1) JUNIOR: For young people age 16–19 who are already contributing to sport in the Cardiff area in a coaching / sports leadership capacity;</p> | <p>Coaching Network consultation);<br/> (3) Many coaches do not go beyond their entry level 1 qualification (Welsh Coaching Network consultation) with CPD being an alien concept for many coaches;<br/> (4) The role of formal training (e.g. coach education courses / workshops) is well recognised, however there is a shift across the coaching industry to elevate the role of informal training (Coach Learning &amp; Development, UK Coaching)) - encouraging and facilitating this through peer forums and discussion groups, as well as ensuring a mentoring offer is available to coaches will be an important tool used on the Coaching Academy, complimenting the more formal opportunities.</p> | <p>(4) First Aid courses attended;<br/> (5) Case Studies;<br/> (6) Self-reflection audits.</p> | <p>safeguarding certified;<br/> (3) First Aid certified;<br/> (4) improved coaching practice</p> | <p>safeguarding certified;<br/> (3) First Aid certified;<br/> (4) improved coaching practice</p> | <p>s = £6250<br/> CPD Workshops = £500<br/> Mentoring £1000<br/> Launch Event = £300<br/> <b>Total:</b><br/> <b>£ 11,312.50</b></p> | <p>CPD Workshops = £500<br/> Mentoring £1000<br/> Launch Event = £300<br/> <b>Total:</b><br/> <b>£ 9,500.00</b></p> |
|--|---|--|--|--|---|---|

|                    |   |   |   |  |  |            |            |
|--------------------|---|---|---|--|--|------------|------------|
|                    | <p>(2) COMMUNITY: For sports coaches currently involved in delivering community sport who are keen to develop their coaching knowledge and skills;</p> <p>(3) ELITE: For coaches who are either currently coaching in performance environments, or who have been identified as a potential future elite level coach;</p> <p>(4) STUDENT: For students studying at Cardiff Met who are already qualified and experienced sports coaches who are committed to their development as a coach.</p> |   |   |  |  |            |            |
| STUDENT PLACEMENTS | <p>Sport Cardiff aim to recruit and deploy 40 students onto placements linked to Sport Cardiff. This will be achieved through a thorough recruitment process (application, short-listing,</p>   | <p>(1) Providing students with industry based experience is a key part of Sport Cardiff's partnership with Cardiff Met. Offering student placements forms a core part of the Cardiff Met strategy on Community Engagement and Sport Cardiff's student placement offer helps to safeguard the future of the partnership;</p> | <p>(1) Total number of student placements;</p> <p>(2) Total number of hours completed by students on placements;</p> <p>(3) Case Studies.</p> | <p>36 students completing 80 hour placements</p> | <p>40 students completing 80 hour placements</p> | <p>£ -</p> | <p>£ -</p> |

|                    |  |  |   |                                 |   |                   |                   |
|--------------------|--|--|---|---------------------------------|---|-------------------|-------------------|
|                    | <p>interview, selection). Each of Sport Cardiff's NMA's and Strategic Leads will be responsible for hosting and managing placements across a range of functional areas, e.g. school sport, community development, disability sport, event support, coaching. Students will complete 80 hour placements.</p>  | <p>(2) With over 2,000 students studying sports related degrees, the student workforce provides a potential valuable resource to add value and increase productivity across Sport Cardiff work programmes;</p> <p>(3) The student placement programme is an opportunity to invest in the future of the sports development industry and influence the future generation.</p>  |   |                                 |   |                   |                   |
| COACHING BURSARIES | <p>Sport Cardiff will provide a two-tiered approach to support female coaches through the 'Girls Together' programme and disabled coaches through the 'I Can, U Can' programme . 'First-Step' Coaching Bursaries will support aspiring coaches to get their first step on the coaching ladder. These bursaries offer support towards level 1 qualifications or equivalent. Support</p> | <p>Our evidence shows that there is an inequality in our coaching workforce. Approx. 20% of the national adult population are disabled, yet within our disability and inclusive programme, only 6% of coaches are disabled. This is a marked difference compared to volunteer figures where 16% are disabled. Also, taking into account our "Your Sport Your Way" survey, of the 143 disabled people who responded, 118 were not coaches, but 74% of these expressed an interest in becoming a coach. This clearly shows there is an interest but perhaps a lack of knowledge of how to get involved or confidence to take the first steps. There are potentially financial barriers for</p> | <p>Total coaches trained in the following categories:<br/> (1) Female coaches;<br/> (2) Disabled coaches;<br/> (3) Non-disabled coaches coaching disabled participants.</p> | <p>No Data (new initiative)</p> | <p>10 - 20 coaches trained (number dependant on tier applied for)</p> | <p>£ 3,125.00</p> | <p>£ 2,500.00</p> |

|   |   |  |   |   |   |   |  |
|---|---|--|---|---|---|---|--|
|   | <p>will be capped at a maximum of £100. 'Next Step' Coaching Bursaries will support current level 1 qualified coaches wanting to progress to level 2 or equivalent. Female and disability sport coaches can apply for a bursary of up to £200 towards this cost. Support will also be provided towards ensuring coaches' meet the industry minimum standards of operation (e.g. first aid trained, safeguarding trained).</p> | <p>many disabled people for many disabled people as disabled people are twice as likely to be living in poverty as non-disabled people. The bursaries can help address this issue. In addition, there is a widely recognised inequality across the nation when it comes to women in coaching roles. A 'Women in Sport' survey showed that only 17% of UK coaches were female (December 2015). Sport Cardiff's 'Girls Together' programme aims to address this inequality through raising the profile of coaching as an option for women through the Girls Together 'Coaching' campaign which will offer coaching bursaries to incentivise women to take up coaching.</p> |   |   |   |   |  |
| <p>I Can, U Can Campaign COACH</p> <p>I Can, U Can Campaign VOLUNTEER</p> | <p>Run two Disability Inclusion Training workshops to support inclusive delivery in local clubs and programmes.</p> <p>Run impairment specific modules as a next step for coaches and volunteers who have previously</p>  | <p>There are also existing coaches mainstream clubs who would like to coach inclusively or coach disabled people who may want to attend disability specific courses or add on modules</p> <p>Existing inclusive mainstream clubs can need extra support to ensure a quality opportunity is being provided long term, and also to cater for several impairment groups. i.e. a club with</p>   | <p>Increase in number of clubs in the disability sport and inclusive sports programme</p> <p>No. of disabled coaches and volunteers through KPI measure</p> <p>No. of coaches trained as a result of I Can, U</p> | <p>No of clubs in 2017 = 38</p> <p>No. of disabled coaches in 2017 = 14</p> <p>No of disabled volunteers in 2017 = 34</p> | <p>Increase in number of clubs</p> <p>Increase in number of disabled volunteers</p> <p>Increase in numbers of coaches and</p> | <p>DIT Courses x 2 £2,000</p> <p>Photographer for role model marketing £350</p> <p>£1,000 towards the bursary</p> |  |

|                        |   |   |  |   |  |  |  |
|------------------------|---|---|--|---|--|--|--|
|                        | attended DIT  | <p>members with a learning disability may need support to include visually impaired participants</p> <p>Run impairment specific modules to follow on after DIT i.e. Autism Awareness and ADHD Awareness</p> <p>We want to ensure our workforce is inclusive of disabled people.</p> <p>We want to recruit disabled people as coaches and volunteers in both our disability and mainstream programmes</p>  | <p>Can.</p> <p>Increase in total number of coaches and volunteers active in disability or inclusive sports through KPI measure</p>   | <p>No of coaches involved in disability sport programme in 2017 = 193</p> <p>No of volunteers involved in disability sport programme in 2017 = 172</p>  | volunteers involved in the disability sport and inclusive sports programme   | initiative in the Coaching and Workforce Co-ordinator plan   |  |
| RECRUITMENT & TRAINING | <p>Sport Cardiff will offer a range of training and deployment opportunities for those interested in supporting sport across the city. This will be achieved in multiple ways:</p> <p>(1) a comprehensive Sports Leadership offer to upskill, educate, build confidence, increase employability, and provide nationally recognised qualifications for</p> | <p>It is well established that the experience that participants have of sport (particularly at a young age) affects their continued participation and enjoyment. Coaches and leaders of sport and physical activity play a major role in the experience, enjoyment, and wellbeing of participants. It is therefore imperative that this workforce is properly equipped and supported to provide a high standard of service. Sport Cardiff's training offer will support this workforce in raising these standards and increase participation and retention rates. People have specific needs and not all standard courses are set-up in such a way to meet these.</p> | <p>(1) Total number of training courses held;</p> <p>(2) Total number of people trained;</p> <p>(3) Total number of volunteer hours logged;</p> <p>(4) Total coaching hours recorded;</p> <p>(5) coach / volunteer case studies / testimonies.</p> | <p>(1) 3 Sports Leadership courses held;</p> <p>(2) 6 UK Coaching workshops held;</p> <p>(3) 3 First Aid courses held;</p> <p>(4) 2 non-accredited workshops held;</p> <p>(5) 2,900 volunteer hours logged;</p> <p>(6) 2,950 coaching</p> | <p>(1) 4 Sports Leadership courses held;</p> <p>(2) 6 UK Coaching workshops held</p> <p>(3) 3 First Aid courses held;</p> <p>(4) 6 non-accredited workshops held;</p> <p>(5) 3,200 volunteer hours logged;</p> <p>(6) 3,250 coaching</p> | <p>Coach CPD Workshops = £3,900</p> <p>Sports Leadership £8241</p> <p>Coach Set Up Costs = £1,000</p> <p>Marketing = £400</p> <p>Volunteer Kinetic Licence = £2,436</p> <p>Coach Kinetic Licence =</p> | <p>Coach CPD Workshops = £0</p> <p>Sports Leadership £1000</p> <p>Coach Set Up Costs = £1,000</p> <p>Marketing = £400</p> <p>Volunteer Kinetic Licence = £2,436</p> <p>Coach Kinetic Licence = £840</p> <p><b>Total:</b><br/><b>£ 5,676.00</b></p> |

|  |   |  |  |                 |                 |  |  |
|--|---|--|--|-----------------|-----------------|--|--|
|  | <p>leaders / potential leaders of sport and physical activity;</p> <p>(2) provide a series of standard and bespoke CPD workshops, unlocking the academic expertise within Cardiff Met to develop the coaching practice of local coaches and ensuring that they meet the minimum standards of operation for sports coaches in the UK;</p> <p>(3) Create and develop online resources and forums to support coach development;</p> <p>(4) Promote and facilitate a diverse range of volunteering opportunities in Cardiff through Volunteer Kinetic (thesportshub-cardiff.com);</p> <p>(5) effectively deploy, manage, and monitor Sport Cardiff's coaching workforce</p> | <p>Using the academic expertise within Cardiff Met will enable Sport Cardiff to offer bespoke training opportunities tailored specifically for the coaches we work with.</p> <p>In addition, employability is high on government agendas (Cardiff Liveable City Report) and there is a need to address this in Cardiff and tackle unemployment.</p> <p>Sports Leadership qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active. These qualifications are nationally recognised and proven to increase social and academic confidence, as well as enhancing employability due to increased skills acquisition and improved CVs.</p> <p>According to KCPB, 91% of people consult their mobile devices when completing a task. Digitalisation is ever increasing and so modern ways of working a crucial to keep in step with what the digital age requires. Utilising software packages such as Volunteer Kinetic and Coach Kinetic enable Sport Cardiff to offer contemporary, mobile friendly, web-based solutions to making volunteering and coaching opportunities accessible, as well as</p> |  | hours recorded. | hours recorded. | <p>£2,160</p> <p><b>Total:</b></p> <p><b>£</b></p> <p><b>18,137.00</b></p> |  |
|--|---|--|--|-----------------|-----------------|--|--|

|  |  |  |   |  |  |  |             |
|--|--|--|---|--|--|--|-------------|
|  | <p>through use of our Coach Kinetic software;</p> <p>(6) Strategically recruit a casual coaching workforce to meet the needs of Sport Cardiff's school and community sport programmes.</p>   | <p>being environmentally friendly removing the need for "paper-work" and reducing the administration for staff, improving efficiency, releasing staff to focus time and resource on more productive tasks. In addition, the need to capture meaningful statistics, and feedback is ever important. These software packages enable improved data collection and reporting.</p> <p>Finally, Sport Cardiff's core work revolves around the delivery of sport in a range of settings to increase participation. A coaching workforce is crucial in pursuit of this goal, and therefore recruitment of appropriately qualified, vetted, and skilled coaches is a key requirement.</p> |   |  |  |  |             |
| <b>Young Ambassadors at Bronze, Silver, Gold and Platinum levels</b> | <p>Bronze – Operate a playmakers award to train new Bronze Ambassadors in the South West and City and South areas of the City. Engage with Platinum ambassadors from Cardiff Met's Higher Education YA group to deliver the training</p> | <p>Following a successful pilot of training 24 Bronze Ambassadors within Cardiff North, there is an evident need identified through working within our schools to extend the opportunity to other areas of the City to provide young children with the opportunities to become leaders in sport. Development at this level will strengthen the number of Young Ambassadors in Cardiff and support the Sport Wales initiative.</p>  | <p>Number of young people trained</p> <p>Number of schools involved</p> <p>Case studies from individual schools to support the impact of training</p> | <p>24 young people age 9-11 years</p> <p>6 Schools</p> <p>1 per term</p> | <p>64 Young People</p> <p>16 schools</p> <p>2 per term</p> | <p>Cost to plan and deliver a playmakers awards – to include resources, facility hire and administration <b>£440</b></p> | <p>£440</p> |
|  | <p>Silver – Recruit new Ambassadors from KS4 to grow and</p>   | <p>The silver YA system is currently working well within secondary schools in Cardiff with 42 young people trained,</p>  | <p>Number of young people trained</p>   | <p>42 Young People</p> <p>11 Schools</p>                                 | <p>122 Young People</p> <p>21 Schools</p>                  | <p>Costs to plan and deliver two silver</p>  | <p>£660</p> |

|  |  |  |   |   |  |  |      |
|--|--|--|---|---|--|--|------|
|  | sustain the existing YA programme at silver level within secondary schools. Promote the Young Ambassador scheme to non-participating schools to ensure the programme is reflected city wide.   | however only 50% of Cardiff schools are currently involved. The scheme need to be available to all Cardiff Schools allowing 80 young people to train and a continuous training calendar needs to be provided to ensure sustainability.   | Number of new schools engaged<br><br>Regular update meetings with YA's  | 3   | 6  | training days to include resources, facility hire and administration <b>£660</b>   |      |
|  | Gold – Deliver training to upskill existing silver ambassadors to develop them to a gold level. Implement a recruitment process which will highlight the strongest candidates and provide them with the experience of completing an application and Interview process. | To support stronger Young Ambassadors it is essential to provide a stepping-stone to the Gold training level which will include the opportunity to undertake additional training and opportunities to include a Sports Leaders Level 2 qualification. Existing Cardiff schools in the programme have identified a need to develop young leaders through the programme. | Number of young people trained at gold level<br><br>Number of schools involved at gold level<br><br>Number of Sports Leaders qualified<br><br>Number of ambassadors representing steering group<br><br>Case studies to demonstrate impact | 20 Young People<br><br>6 Schools<br><br>0<br><br>3<br><br>1 school providing termly updates | 40 Young People<br><br>12 Schools<br><br>15 Sport leaders trained<br><br>5<br><br>3 schools providing termly updates | Costs to plan and deliver a gold training day and a Sports Leaders level 2 course to include resources, facility hire and administration <b>£900</b> | £900 |
|  | Platinum – Continue to develop the relationship with Cardiff Metropolitan University Higher  | Developing the relationship with the HEYA's and increasing their development opportunities will support the Cardiff Metropolitan strategy by providing opportunities to develop  | Number of members on HEYA group<br><br>Young Ambassador Events supported by   | HEYA 16 engaged<br><br>2  | 20 HEYA engaged<br><br>4   | Due to relationships developed with Cardiff Metropolitan   | £0   |

|  |  |  |  |  |  |  |   |
|--|--|--|--|--|--|--|---|
|  | <p>Education Young Ambassadors group. Ensure existing young ambassadors joining the university are aware of the HEYA group. Provide continuous opportunities to the HEYA to develop their leadership and mentoring skills.</p> | <p>peer-mentoring skills. The development of the HEYA will support the Young Ambassador programme as HEYA will be given more responsibilities.</p>   | <p>HEYA group<br/><br/>HEYA representation on National steering group</p>  | <p>3</p>   | <p>5 (not under our control)</p>                     | <p>University and the opportunities available to the HEYA group there are no costs associated to this aspect of the project.</p> |   |
|  | <p>YA Development – Host a series of YA support meetings, training and team building opportunities to bring Young Ambassador from all levels of the programme together.</p>  | <p>In 2016-2017 a series of catch up meetings, additional training and team building opportunities were held to bring different levels of Young Ambassadors together. These events took place outside of the school environment and provided a platform for YA's to develop new relationships and share good practice. The events inspired ambassadors at the lower levels and provided a peer mentoring platform for more experienced ambassadors</p> | <p>Number of Young people involved<br/><br/>Number of schools involved<br/><br/>Number of catch up meetings held<br/><br/>Number attending team building</p> | <p>86 +HEYA<br/><br/>23<br/><br/>3<br/><br/>18</p> | <p>226+HEYAs<br/><br/>49<br/><br/>6<br/><br/>100</p> | <p>Cost to deliver team build activities with external providers<br/><b>£20 per head</b><br/><b>£2000</b></p>                    | <p>£1000<br/>YA's will supplement the remaining costs at £10 per head</p> |
|  | <p>Partnerships – Work with NGB's and organisations to provide additional opportunities to develop young ambassadors</p>   | <p>Developing ambassadors in a variety of areas to support them to carry out the young ambassador role. Additional development will help to develop a confident and competent group of young people.</p>   | <p>New partners engaged with Young Ambassador scheme<br/><br/>Number of young people undertaking additional training</p>                                     | <p>0<br/><br/>0</p>                                | <p>2<br/><br/>10</p>                                 | <p>Associated costs to creating two new partnerships to provide additional</p>   | <p>£1000</p>  |

|  |  |  |   |            |  |   |       |
|--|--|--|---|------------|--|---|-------|
|  |  |  | Number of ambassadors selected for the Youth Coach Academy                                  | 2          | 3  | training opportunities to ambassadors<br><b>£1000</b>   |       |
|  | Funding – create a funding pot for Young Ambassadors to apply to which will aid specific projects to run in their school/local community | Support Young Ambassadors to understand the process of grant applications. Enhance the opportunities for Young Ambassadors to create new programmes. | Number of application received<br><br>Case studies/reviews of projects created from funding | 0<br><br>0 | 5 applications at £200 each<br>5 case studies received | £200 per application to support innovative projects within a school or community project.<br><b>£1000</b> | £1000 |