

6 Month Review 2020

SPORT
CARDIFF

Cardiff Met Developing Sport

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Met Caerdydd yn Datblygu Chwaraeon





Introduction

The start to this year has undoubtedly presented a number of challenges to the Sport Cardiff Team and more widely sport and physical activity in general across the city. Covid-19 has tested our resilience and highlighted now more than ever that being physically active is vitally important to our wellbeing.

We had started to explore a digital offer to complement our programmes pre lockdown, but the restrictions we have faced over the last 6 months have forced our hand to become more digitally advanced quickly.

We have taken a number of programmes online, such as Mind the Gap where we've seen an increase in numbers engaging and participating due to the participants feeling more confident to exercise within their own home, removing barriers to participation many face when attending an activity for the first time.



Under the current restrictions, it has not been easy for the team. Programmes have been severely affected like the Cardiff Games, Open Campus and our Academies. We have also seen new opportunities arise though with the Police and Crime Commissioner's office, Youth Justice Services and Youth Service which will see the Step into Sport programme launch in October.

Our partnership with Cardiff and Vale University Health Board continues to grow, and we have been working closely over the summer to prepare the launch of the physical activity and sport strategy. In February we appointed a consultant to lead a systems review of current physical activity and sport in Cardiff and also the Vale of Glamorgan.

We have launched a survey that will help inform a series of webinars planned for later in the year and early 2021 with the aim to get the Cardiff strategy confirmed by next summer.

Through the health prevention funding received from Cardiff and Vale UHB earlier in the year we proposed a new staffing model to lead this work.

The Move More posts which includes a Manager, Research and Evaluation assistant and two coordinator posts have now been confirmed with the Manager post currently out to advert. We are aiming to have the manager in post for January to lead on the work with inactive populations. In the interim we have seconded Kyle McCarthy from the Club and Workforce team into the Move More Coordinator post to start building on some projects while we wait to appoint the Move More Manager.



We will continue to work through the restrictions, ensuring any activities that we do return are covid secure. It is also giving us time to reflect and prepare for sport and physical activity post covid, and we are using this time to gain some insight on what changes are needed to engage with our communities.

Here are some highlights and challenges from our 'virtual world' over the last 6 months.

Looking Forward Groups
During lockdown we formed 3 working groups to start to plan our return to sport and physical activity post covid. The entire team, including our Academies Team and 21st Century School staff came together to look at 3 themes –

1. Cross-sport learning & activities
2. Digital Communities
3. Community wellbeing.

The cross-sport group have put forward several activities and suggested resources that would need to be hosted via an online platform for our communities to access.

The Digital Communities groups and have proposed a new website to host the content online to support a blended return to sport and physical activity. Both groups will be working together and project planning to launch a new website / platform over the coming months.





School Sport

Our flagship school programmes of the Cardiff Games and Open Campus have been greatly affected due to the restrictions and understandably so. Cardiff Council confirmed the news in early September that no schools will be able to take part in activities off the school site and equally no external visitors will be allowed into the schools.

There is still a considerable amount of work being completed by the team in these difficult circumstances. Through the health prevention funding we have supported 22 schools to access the Real PE training and resources to provide additional support for Physical Education. We have worked with partners like Welsh Athletics to develop a virtual sports day and challenges, explored the well schools programme and roll out from the Youth Sport Trust and continued to engage with the Cardiff Games steering group.



From the steering group, the schools highlighted how they have all approached PE differently since returning to school and the lack of clarity and guidance for PE. Whilst one school utilised their feeder high school risk assessment and were washing equipment between use, another school is avoiding the use of equipment all together. The final school were allowing different classes to focus on a specific sport so that equipment is not shared between bubbles. For example year 4 were doing netball whilst year 5 did football for the term. Teachers agreed they were in need of team games resources and ideas rather than individual tasks & challenges to keep the children motivated and engaged. Having spoken to the Healthy Schools team as well, we are looking at how we can support schools with some of this resource. Through the Open Campus programme and virtual student placements we are exploring the option to develop a resource hub for schools working with the Sport, PE & Health degree programmes.

Community Sport

The theme for the community team over the last 6 months has been about online delivery. However, we have approached this with caution, recognising that some of our communities are digitally deprived and some feeling digitally fatigued. Moving forwards, we are planning to ensure we have a virtual offer to complement and not replace face to face activities.

Family Fun

The face to face family sessions stopped in March and was the first programme to be adapted into a virtual space. We released a series of 'Family Fun at Home' games across Sport Cardiff social media platforms. With help from the team, a series of 30 fun games the whole family could play each day were released, with each game using no more than household items. All games can now be found centrally on our youtube channel.

As not all families have internet access, a 'Family Fun at Home' leaflet was also developed and distributed across the City. The leaflet detailed 'how to play' instructions, and 500 were sent out with help from community partners, with a focus on areas of deprivation.



Summer Squad

In July, we supported Cardiff Council with the Summer Squad programme. Due to the impact of covid there was no funding for the SHEP programme, but some funding was released to provide children with free school meals throughout the school holidays.

We worked with 11 schools across Cardiff with each school engaging in 2 physical activity sessions per week. The sessions were delivered through Sport Cardiff by Sport Fit, giving 428 children a much needed opportunity to get outside, get active, and re-connect with their friends following the initial COVID lockdown.

The programme sought to reach families needing the most support during these testing times, and successfully achieved this, with 46% of children engaged accessing free school meals during term time.



TEACHER FEEDBACK

‘I believe that having Sport Cardiff in the Summer Squad was imperative. Having a team member focused solely on sport was fantastic for the children, with all ages asking to take part in different activities’.

‘We had children who learned new skills and games. One particular child insisted at the beginning that they hated sport however after just 1 session they always chose Sport Cardiff rather than a sit down activity’.

Free Swimming

Leisure facilities and pools in the city have been closed for a significant period of time and our partners GLL continue to face huge financial challenges while they work to bring all facilities back online. We worked with GLL to launch the family swim pilot when the facilities reopened in August.

Building on data collated through the Sport Cardiff swimming survey earlier in the year, 428 families (1712 participants) attended the sessions in the first five weeks, engaging 35% of families from areas of deprivation.



Community Safety

Sport Cardiff, Youth Justice Service and the Police and Crime Commissioner office have worked hard alongside 4 targeted clubs (Llanrumney Phoenix, The Hangar, Ely and Caerau Football and Rugby clubs) to develop an appropriate pathway into sporting opportunities for young people currently in the justice system.

The four clubs are based within identified crime hotspots in the city. Having local club connections within these areas will remove many barriers to accessing participation and will also help to build a strong and consistent relationship with the young people and the clubs. Initially the young people will be accessing sporting provision specifically for them, building into a reparation programme where as a part of their court order they will volunteer and assist with the clubs to repair some of the ‘harm’ they have caused within the community.

The launch will take place at the Hangar, where young people will be provided with taster sessions in boxing, football and other combat sports, before signing up to 6 weeks of bespoke sessions, aimed at removing any barriers to longer term participation within the specific clubs. The programme will officially launch in October.

Clubs and Workforce

The impact of COVID-19 on sports clubs and organisations across Cardiff has placed unprecedented financial strain on the city's sporting landscape. As a result, Sport Cardiff have been working closely with Sport Wales and local partners (e.g. the Community Lottery) to promote, support, and facilitate the launch and administration of various funding streams to help alleviate the financial pressures facing the city's sports clubs, protecting their futures, and preparing them for a safe return of sport. So far, this has resulted in over £138,000 of funding support being invested in community sport in Cardiff during the past 6 months.



Existing Super Clubs have received support from Sport Cardiff in numerous ways during lockdown. All Super Clubs were given free subscriptions to access any UK Coaching online resources and online training free of charge. Additionally, Super Clubs have been given advanced notice and / or free access to a host of other training and development online opportunities. This has included online Q&A sessions, mental health awareness training, behaviour management, and disability specific workshops, as well as opportunities to promote and showcase their club via Sport Cardiff social media through the #KeepUpWithCardiff campaign.

Officers have also been working in collaboration with the Welsh Sports Association (WSA) and British E-sports (BES), to explore opportunities to provide club / community and schools E-sports offers. Discussions have focused on the potential to engage with a developing platform for e-sports to provide community clubs with a new and alternative form to engage with their communities.

The aim is to harness the ever-increasing popularity of e-sports to boost retention of current club membership and engage a new audience with local clubs with the ultimate of goal establishing an avenue for non-participants into physical sports participation within club environments. This pioneering project would be the first of its kind within a sports development context in Wales and the WSA are keen to follow the progress of this pilot to inform a wider roll-out of engagement nationally.





As well as this, we are aware of a Cardiff based club (Ty-Celyn Juniors FC) that has already had representation in regional e-sports competitions; however, this survey data gives us an indication of how people would like to engage in the process and where they are best placed to do so going forward.

Surveys conducted by both Sport Cardiff and the WSA have identified that 60% of respondents (club contacts completing on their clubs behalf) have stated that they would be interested in participating in E-sports. However, 50% also highlighted a lack of awareness regarding e-sports and the technology required to engage as reasons holding them back from engaging.



Cardiff Met

Academies

Our Junior Sport provision on campus halted in March when lockdown was imposed. Our vibrant weekly sport programme which sees close to 3000 children and young people was paused. In September we have successfully returned 3 of our academies as a part of phase 1. The restrictions continue to change and we are working our way through what they mean for each sport. A more detailed update on the Academies can be found in the separate report.

Rugby Hub

The focus for Rugby during the last 6 months has been about maintaining relationships with existing and new players with consideration towards their wellbeing. Six Zoom meetings were conducted with an average 48 students attending per meeting (288 over the six meetings).



Feedback from a questionnaire showed that by hosting Zoom meetings to incoming students decreased the anxiety of University. A NOP was received and passed by the facilities at Cardiff Met allowing rugby to begin its program ahead of the start of the academic year. This has now allowed 56 “Senior” students, 84 “Returning” students and 168 “Fresher” students the opportunity to participate in rugby union activities.

Ensuring the continued development and support of students at Cardiff Met during times of huge uncertainty. A virtual coach education programme was completed during the quarter giving 11 students their WRU level 2 qualification. These students will look to be deployed when schools and community provision is ready. Rugby Union membership has seen a 47% increase in registration / participation.

Updates and discussions were provided by:

- DOR (Director of Rugby) & S&C**
- Well Being & Medical**
- Existing Players intro**
- DOR Update & Academic Support**
- Game Planning (Rugby Language)**
- Registration to play Rugby @ Cardiff Met**



Student Physical Activity
There is currently a lack of recreational sporting opportunities at Cardiff Metropolitan University. With 10,675 students enrolled at the University, only 1500 are currently signed up to represent a sport club within the student union, meaning that there are 86% of students at the University currently not engaged in coordinated sport. This doesn't consider the number of active gym users.

A student survey was released to better understand what sport and physical activity is required for students upon their return from the COVID outbreak. To date there have been 301 respondents. These students clearly wanted to see a return to sport across a range of formats within University setting.

A full audit of the facilities at Cardiff Met was undertaken to identify availability for recreation sport. The findings showed that there was very little or no access to facilities available in order to improve the sporting offer for students at Cardiff Met.

Working with the Met active Team, Res Life, Accommodation and Student Services we are now planning a new timetable of sporting opportunities to ensure that all students have access to sport and physical activity.

Open Campus Student Placements

The preparation work for Open Campus has predominately been focused around digitalising the programme and the coordination of how the Open Campus project will be embedded into the new curriculum with Cardiff Metropolitan university.

The placements range from developing resources for schools and clubs to research and insight, communications and disability specific resources.

The model with the team is being shared and used with other NGB's and providers to broaden the placement offer.



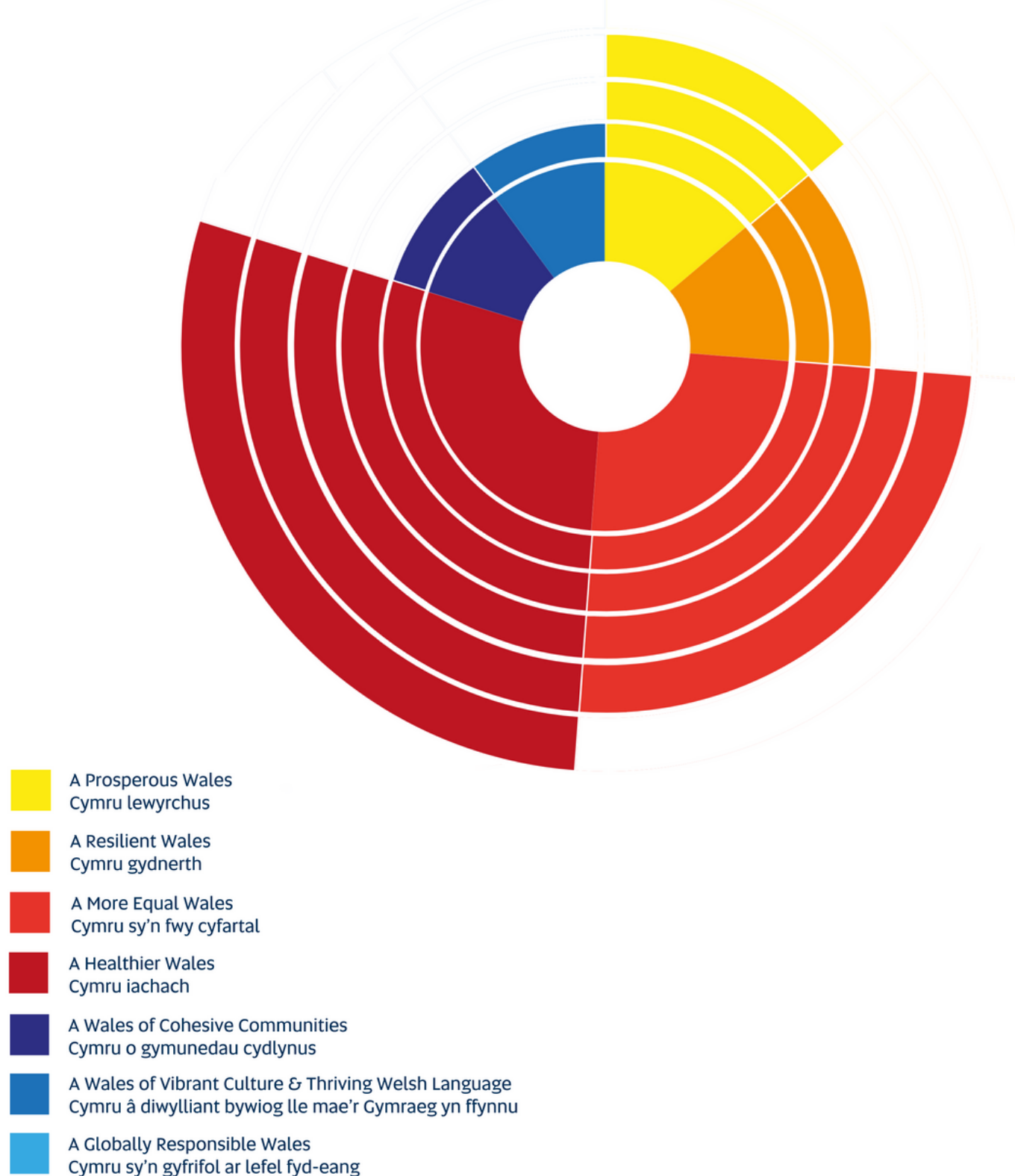
We are working to look at how the Academies offer and providing practical coaching opportunities within our controlled environments. Through the Sport Cardiff team, we have been able to provide a number of virtual placements to support the student offer.



Well-being of Future Generations Act

The Well-being of Future Generations Act gives us the ambition, permission and legal obligation to improve our social, cultural, environmental and economic well-being.

We have mapped all of our projects against the 7 goals and this is how Sport Cardiff are working better with people, communities and each other. We are applying the sustainable development principles to our work, using the act as a guide to safeguard our future generations.



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Cardiff is an active City where everyone can have a life-long enjoyment of sport

Mission: Tackling inequalities through sport and physical activity

People:

Create engagement opportunities leading to regular participation as a part of the lifecycle of physical activity

Schools:

Create Inspiring and inclusive sport and physical activity opportunities to increase confidence, competence and motivation in children and young people to remain active throughout life

Communities:

Reducing the gaps in participation created by disadvantage and inequality by unleashing the benefits of sport and physical activity to improve health and wellbeing

Clubs & Workforce:

Enhance a thriving network of visible, viable and inclusive sports clubs and a vibrant workforce to help sustain a physically active City

Our approach to achieve our vision:

We will focus our resource on the Southern Arc of the City

We will encourage and enable the inactive to be more active

We will collaborate with a diverse range of partners to enable change

We will take a whole system approach

We will improve opportunities to participate, progress and achieve in sport

We will utilise research and insight to ensure we have a person-centred approach

Our team will ensure:

We understand the profiles of communities most at need

We empower those most at need to access inclusive opportunities

We engage and listen to our communities

We will develop a skilled workforce to engage and support the inactive

We implement targeted interventions that target those most at need

We create and strengthen meaningful partnerships with key stakeholders to positively influence sport and physical activity provision

We develop a network of partners to engage in 'steering groups' to ensure the sector is informed to create positive behaviour change

That no intervention operates in isolation We develop a skilled and informed workforce

We connect opportunities school > club > community

We explore digital opportunities to maximise participation

We positively influence and support school sport and physical activity

Support our network of clubs and physical activity providers to be well informed of changing societal needs / trauma informed

We will gather the evidence and insight to inform interventions

Take time to understand the learning and fully evaluate projects

By 2023 we will:

- Ensure a whole system approach to sustaining a physically active city
- Demonstrate increased levels of engagement in physical activity
- Demonstrate an increase in regular participation in physical activity

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