



Sports Development Service Report 2019-20

www.monlife.co.uk/connect
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MonLife

Mission

To promote healthier lives and inspirational experiences, and promote the vibrancy of Monmouthshire as a great place to be.

Vision

Enriching people's lives and creating vibrant places.

Aims

MonLife Sport Development aims to:

- Enrich people's lives through participation and activity
- Build strong communities in Monmouthshire
- Developing leadership skills for our future generations

Values

- Openness
- Fairness
- Flexibility
- Teamwork

sportwales
chwaraeoncyfmsu

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Sports Development

Sports development activities within primary and secondary education, leisure facilities and the community

2019 - 2020

SCHOOL PROVISION



923 Year 5 **Playmakers** Trained



23 Schools Taking Part In The **Daily Mile**

COMMUNITY PROVISION

500+

FREE School Holiday Activities For Children In Receipt Of Free School Meals



Silver DSW **accredited** & 20 clubs supported



Days of **Programmed** Activities

5,749 Participants in Core **Sports Sessions**

3,650

Attendances Over **Fourteen** Festivals

37

Young People Supported Through Our Education **1:1 provision**



1,823 **Healthy Breakfasts** Served

FUNDING AND SUPPORT



£59,300

Invested in **Community Chest Funding**



£49,742

Additional **Investment Secured**



53 Monmouthshire Sports Clubs **Supported** with Funding Applications

Feedback

Feedback from the Monmouthshire Games Programme:

"My two children completely loved The Monmouthshire Games. The staff and volunteers have been so good with them and they can't wait to come every holiday. It is so important for children to be kept active in the holidays and this does exactly that, they have made some lovely friends here. Thank you!" – Parent

Feedback from the Alternative Education Programme:

"The alternative education programme you have provided for young people has been such an important service to reduce numbers on the waiting list for counselling and providing tier 1 preventative support. This is such a valued addition to our offer in Monmouthshire and your team are so valued" – Social Worker

Feedback from Ladies Stronger Together Programme:

"The classes I came to I absolutely loved and really enjoyed meeting you & the other ladies. I would love to attend another stronger in the future, loved all the different classes especially circuits & Boxercise."

Feedback from Sarah Brown Clinical Psychologist, Gwent Community Psychology, Child and Family Psychology and Therapies Service:

"It has been great to work in partnership with MonLife for the outdoor well-being project. It has been incredibly challenging at times, and ultimately one of the most rewarding therapeutic interventions for young people that I've ever been part of. I have been amazed at the positive changes in some of the young people's psychological well-being over a relatively short period of time. At the end, they talked about themselves in a completely different way, they had things that they were proud of that came to mind instantly, and those that attended the whole programme described their relationships as improved."

Case study: Walking Football in Monmouthshire



Walking Football in Monmouthshire has seen a huge impact this year. Not only are we seeing a positive impact on physical activity levels, we have seen a reduction in social isolation.

Since May 2019, Monmouthshire Sport Development have developed and provided opportunities for men and women aged 40+ to participate in a variety of walking sports, our most noticeable impact has come through Walking Football.

Through initial taster sessions and blocks of sessions the adults signed up to numbers soon started to increase and social groups formed to support not only the physical activity but to develop friendship. A three way friendly tournament between our Caldicot Leisure Centre, Newport County and Merthyr Town took place to provide the first competitive experience for the players, this was a fantastic success.

Caldicot Walking Football club, in partnership with the local sport development team ran their very own walking football tournament in October 2019, with over 10 teams participating from across the UK and hundreds of players in attendance.

As a result of the success at Caldicot, the Sport Development team then took the initiative to Chepstow. 10 people participated in the first session, with the majority of these being GP Referral members at our leisure centres.

The development of walking football in Chepstow has been influential to many, and as result has led to the team running their very own tournament in February 2020. There are also ambitions to start up their own Chepstow Walking Football Club, replicating what has been established at Caldicot.

The Sport Development team have also begun the first steps of expanding the walking football initiative to the North of the county, with the initial plans of starting this at Abergavenny and Monmouth leisure centre's over the summer period. The team also has ambitions of creating a winter tournament between the four Leisure Centre sites.

The Caldicot walking footballers have now become an affiliated and recognised club, which has allowed them to start entering the Wales walking football league and local tournaments, as well as receiving a recent community chest grant. The club has also represented Wales in national tournaments and currently has 3 players as part of the Welsh national team.

In addition to this, during March 2020, the club are working in partnership with Mind Monmouthshire to run an Active Healthy month, which in turn will work as a fundraiser for the charity to promote positive mental health. We have seen 83 adults engage in walking football with numbers continuing to increase each week.

Any questions?

If you've got any questions about our MonLife Sports Development offer, please contact:

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