



## MonLife Active Service Report

[www.monlife.co.uk/active](http://www.monlife.co.uk/active)





# 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

- Enrich people's lives through participation and activity
- Build strong communities in Monmouthshire

## Values

- Openness
- Fairness
- Flexibility
- Teamwork



**1926**

Children in the learn to swim programme



**91%**

Capacity for our Learn to Swim programme



**5514**

Attendances to our The Monmouthshire Games school holidays activities



**863,000**

visits to the MonLife Active 4 leisure centre's for physical activity



**47**

MonLife Active Membership growth



**923**

Junior Sports Leaders trained through the Playmaker programme



**20**

Clubs supported to achieve the Silver Disability Sport Wales accreditation



**500+**

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



**1208**

Number of referrals received through the exercise referral scheme



**872**

Completed the initial assessment National Exercise Referral Scheme



**494**

Completed 16 weeks with the National Exercise Referral Scheme



**249**

Completed 52 weeks with the National Exercise Referral Scheme

## Feedback

### **Feedback for 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 for 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 for the 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."*

## Any questions?

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

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