

# DALLAGLIO RUGBY WORKS

## Summer of Fun Continuation



Dallaglio Rugby Works



Merthyr

196 young people

(51 young people in Winter of Wellbeing & 145 in Summer of Fun)

### WINTER OF WELLBEING

Dallaglio Rugby Works began 4 new Us Girls sites in schools across Merthyr. The girls were introduced to rugby and were given the opportunity to undertake a Level 1 Sports Leaders qualification alongside mental wellbeing workshops, to raise awareness of issues affecting young women.

Each week the girls developed their rugby and leadership skills and became more confident. This resulted in a number of the girls being signposted to local clubs to continue their involvement in the sport. Based on previous Us Girls learning, the coaches created a fun, happy, judgement free environment and ensured at least one female coach was present during sessions, which contributed to the overall success of the programme. The weekly sessions were an ideal introduction to rugby for the girls, providing them with an opportunity to try a new sport that they wouldn't otherwise have been able to.

### SUMMER OF FUN

Combining with their Fit and Fed programme, Dallaglio Rugby Works utilised the Summer of Fun funding to engage 145 young people across 5 sites in Merthyr, in partnership with two local rugby clubs. They delivered sports sessions with qualified coaches and provided 'each and every young person with a hot and healthy meal'. The sessions were delivered in low-income communities where young people are in danger of skipping meals due to the cost-of-living crisis.

Young people remained active throughout the summer holidays and had a positive, enjoyable experience with other young people in the local area. Dallaglio Rugby Works ensured all young people felt welcome to attend the sessions, including Ukrainian refugees who had recently moved to the area. The sessions allowed them to participate in activities and settle within a new environment through meeting future classmates prior to starting school in September.

Dallaglio Rugby Works would like to continue to offer fit and fed camps during the school holidays and continue to work in partnership with local organisations. Alongside the continued Us Girls provision in school, Dallaglio have demonstrated their understanding of the ingredients of Doorstep Sport and have embedded these into a variety of offers, stretching from holiday provision to providing personal development opportunities during weekly provision.

*"The fit and fed camps have a positive and lasting effect on the communities we are delivering them in and will hopefully bring the community closer together".*

### DOORSTEP SPORT INGREDIENTS



Multi-agency Partnerships



Right Young People