

# Children & Families Project



Funded by  
UK Government  
Wedi ei ariannu gan  
Llywodraeth y DU

LEVELLING  
— UP —  
FFYNIANT  
— BRO —



Cyngor Bwrdeistref Sirol  
MERTHYR TYDFIL  
MERTHYR TYDFIL  
County Borough Council

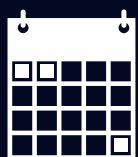


## INTRODUCTION

Working alongside the national Children and Families Task and Finish Group driven by Public Health Wales, Sport Wales will concentrate work in Merthyr Tydfil via StreetGames. The aim is to help design initiatives for families with children experiencing or at risk of obesity.

Working across an established network of Locally Trusted Organisations (LTOs) within Merthyr Tydfil; this project will help to support families to have access to sport and physical activity that meet their needs, whilst incorporating support around healthy eating, financial advice and other aspects that will impact behaviour change to help sustain healthy living.

## DELIVERY



**95**

Number of days  
delivered



**111**

Hours of  
delivery



### LTOs

- Happy Hands Club
- Pride Education
- Mgirls
- The Willows Youth & Community Centre
- Mgirls - Kate Gray

## PARTICIPANTS



**299**

Participants  
engaged

14%  
Male



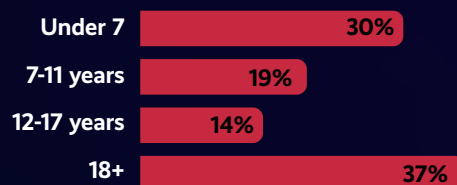
Gender

86%  
Female



Ethnicity

100%  
White  
British



AGE

## VOLUNTEERS



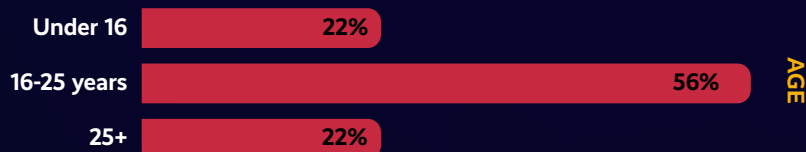
12

Volunteers supported delivery of the project



185

Volunteer hours



## FAMILY ENGAGEMENT

How did you engage with parents/guardians in your project?

*"Parents/grandparents all involved in the whole session from singing, to dancing to playing musical instruments to mindfulness activities."*

*"Parents joined in with physical activity sessions and encouraged the young people to participate in new games. During the sessions we were able to signpost to services including Health 4 Life website to find recipes. Some physical activity cards were given to encourage families to continue to play together in their own time."*

*"Prior to the project we had an engagement event, this was an opportunity to meet the families. We discussed the project and what's expected. Volunteers have currently been making the food, however going forward the families and children will have that opportunity. The families wanted to focus on the physical activity to start."*

*"The parents who did attend got involved with the planning and helping make the food, and got involved with the fitness."*

*"I found it very easy and enjoyable to engage with the parents, encouraged them to get involved and share ideas with planning. I found the parents enjoyed as some of the activities took them back to their childhood, they enjoyed being competitive towards the other families. Throughout our discussions and reflections at the end of every session, I provided them with other local physical activity opportunities, one of the main subjects was the cost of sport membership fees and how expensive it is for families to join clubs. During my sessions I have ensured families are aware of activities they can do for free or at a low cost, utilising outdoor spaces, funded cycling groups and lending libraries. It was important for me to educate families on the basic, fun activities they can plan and play at their own leisure and family time. I have also signposted them to online activities which they can follow."*