



SportRCT Case Study

Getting adults more active – Aqua Natal Yoga

We have worked in partnership with the Public Health Specialist Midwife for Cwm Taf Morgannwg University Health Board over the last few years to develop our Made for Mams programme. We both recognised the benefits of training midwives to take classes and decided to explore this as a progression for the programme. We felt that midwives were best placed to deliver sessions, as they would be able to signpost pregnant women to the sessions during their appointments and visits, their hospital midwifery departments would know more about the sessions, and the pregnant women would feel a familiarity and trust with the midwives, compared to other instructors they did not know. Permission was granted for six midwives to be trained to deliver classes as part of their role, and they were chosen following an application process.

We sourced an Aqua Natal Yoga training course provider and arranged a private Aqua Natal Yoga course for the midwives to attend. Two staff members from Bridgend Local Authority also completed the course. We then liaised with RCT Leisure Services to identify suitable venues which had availability to host the new Aqua Natal Yoga sessions. We opted to timetable the classes in the evening, to make them accessible to those working during the day. Hawthorn Swimming Pool and Rhondda Sports Centre were selected as venues and we began advertising the classes via our social media channels, the CTMUHB Bump Talk Facebook Group and by community

midwife appointments. Feedback has shown this marketing approach worked well as participants found out about the classes from all three places.

The sessions ran at both venues for 6 weeks, with the midwives working together to share delivery, around their other commitments. We worked with RCT Health Development to include the sessions within their Leisure Health Pathway, allowing us to offer the sessions for £2.50. Feedback from participants has been very positive and as a result we plan to deliver them all year round, in six-week blocks.

Access to classes with knowledgeable professionals should be accessible to all as there are many benefits to staying active while pregnant. The midwives we work with have told us about the demand for these types of classes, and they have seen first-hand the impact that they can have on the women, especially those that are dealing with mental health issues. We hope to see women transitioning, with our support, from these sessions to our post-natal exercise sessions, once they have given birth.


I don't leave the house the rest of the week, this is the only thing I leave the house for and get social interaction. It has really helped me develop confidence and social skills and make new friends.


Rhondda participant

