



SportRCT Case Study

Getting adults more active – Recreational Netball

Recreational sport is perfect for those that are low in confidence, new to the sport, unable to commit to regular training, and/or not looking for serious or competitive sport. Walking and 'Back to' Netball have grown massively in popularity in recent years, and we have been seeking out opportunities to develop sessions across RCT and provide opportunities for people to get involved. We identified areas that were lacking opportunities and have worked with key individuals to improve provision and engage more people into the sport of netball.

We are currently supporting five recreational netball sessions, including Walking Netball sessions in Llantwit Fardre and Pontypridd, and Back to Netball sessions in Ystrad, Abercynon and Church Village.

We helped to establish a Walking Netball club in Llantwit Fardre back in 2018, in partnership with the Glamorgan Federation of WI's and Wales Netball. The sessions are still running, and we have recently supported the group to become 'Llantwit Dragons Walking Netball'. Following demand, a local woman started up the Walking Netball Warriors in Pontypridd. They hold weekly sessions, providing a safe and friendly environment for those who aren't looking to join a netball club.

The lead coach from the Walking Netball Warriors was keen to start up a 'Back to Netball' session locally so we helped her to establish sessions in

Abercynon back in 2022. The sessions have been popular, and they now have a team that train weekly and play regular friendlies. In 2023 we identified a lack of recreational netball in the Rhondda area. We delivered a taster session, which went well, and organised sessions to run for 10 weeks. After the ten-week block, the group were keen for the sessions to continue, so a small number of the women took responsibility of the group. Over 15 women now attend each week, with over 30 having attended at least once. Finally, having supported the creation of a junior netball club in Church Village, we have now supported them to start a 'Back to' session each week. The session is well attended, especially amongst the parents of their junior players. Across the five sessions there are over **90** women participating in recreational netball sessions each week.

"I really enjoy getting active in a no pressure environment. Something I didn't expect was how great it feels being a part of a group of women, it's made me realise how important it is."

