

Chwaraeon RhCT
Sport RCT

**Rhondda
Back to
Netball**

DELIVERY PARTNERS



20

SESSIONS

30

PARTICIPANTS

4

VOLUNTEERS

FEEL HEALTHIER

100%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

91%

FEEL MORE CONFIDENT

82%

MADE NEW FRIENDS

91%

INTEND TO CONTINUE TAKING PART

100%

“ Grateful for the opportunity to return to a sport I loved playing over 40 years ago, in a fun supportive group which has had a positive effect on my confidence in my physical ability. ”

“ Being an immigrant, I have never really played netball. But these sessions are amazing to be active and play a sport with just women around. I really look forward to these every Tuesday. ”

“ The session has helped with my well-being as it gives me something to focus on and look forward to, and have some me time. The group is fantastic, friendly and so welcoming. ”

“ We absolutely love our Tuesday evenings! We are a diverse group from all backgrounds and ages, and we have really gelled. ”

ENJOYABLE

LAUGHTER

ENERGETIC

TEAMWORK

FITNESS

FRIENDLY

SUPPORTIVE

FUN

WELL-BEING

TEAM MATES

EXERCISE

BACK TO NETBALL

SUPPORT

GREAT FUN

FRIENDSHIP

ACTIVE

PHYSICAL ACTIVITY

CAMARADERIE

GREAT OPPORTUNITY