

Chwaraeon RhCT
Sport RCT

Dark in the Park Pontypridd

DELIVERY PARTNERS



LIDO PONTY

newydd

hapi

OVER
200
SESSIONS

240
PARTICIPANTS

18
VOLUNTEERS

FEEL HEALTHIER

100%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

94%

FEEL MORE CONFIDENT

100%

MADE NEW FRIENDS

100%

INTEND TO CONTINUE TAKING PART

100%

“Lovely friendly atmosphere, supportive and encouraging to all and all levels of fitness.”

“Friendly group, relaxed vibe, caring and considerate volunteers with helpful advice and fun team of people.”

“Since joining I've taken part in loads of events as I have confidence now. We have forged friendships.”

“Really lovely atmosphere. Really nice leaders and other runners. Love the use of the park.”

“I was made very welcome and as I'm new to running, they made sure I felt comfortable and didn't leave me behind. Everyone is so friendly.”

MOTIVATION

SUPPORT

WELCOMING

INCLUSIVE

ENCOURAGING

ACCEPTANCE

WARM FRIENDLY ENJOYABLE

NO PRESSURE

DARK IN THE PARK

GET FIT

GREAT VENUE

MEET PEOPLE

SAFE

SOCIABLE FLEXIBLE

FRIENDS RELAXED

HELPFUL ADVICE