



IMPACT OVERVIEW 2022/23



TROSOLWG EFFAITH 2022/23



Colegau Cymru Active Wellbeing Project: Overview of Impact

Sport Wales funded activity

April 2022 - March 2023





Prosiect Lles Actif Colegau Cymru: Trosolwg Effaith

Gweithgaredd a ariennir gan Chwaraeon Cymru

Ebrill 2022 - Mawrth 2023

Project Reach



ColegauCymru is the representative body for the FE sector in Wales and manages the Active Wellbeing project



Sport Wales grant funding supports development and delivery in 11/12 colleges



The sector provides education for 45,000+ full time learners



Active Wellbeing has the vision of

Active Colleges
Active Lives
Active Wales

Cyrhaeddiad prosiect



ColegauCymru yw'r corff cynrychioliadol ar gyfer y sector addysg bellach yng Nghymru ac mae'n rheoli'r prosiect Lles Actif



Mae cyllid grant Chwaraeon Cymru yn cefnogi datblygiad a darpariaeth mewn 11/12 coleg



Mae'r sector yn darparu addysg ar gyfer 45,000+ o ddysgwyr llawn amser



Mae gan Lles Actif y weledigaeth

Colegau Actif
Bywydau Actif
Cymru Actif

Did You Know?



Project delivery and events have engaged with 4,500+ unique attendees in 2022/23. Levels of activity have now returned to pre-Covid levels with further work ongoing around capacity building in the sector *



Engaging young women and girls in new activity remains a challenge, however 43% of project attendees are female with these learners from groups considered to be disengaged or less active. They would potentially not engage in activity without these opportunities while studying in college.

* Core funded activity not including Summer of Fun / Winter of Wellbeing data

Gwyddoch chi?



Mae darpariaeth prosiectau a digwyddiadau wedi ymgysylltu 4,500+ o fynychwyr unigryw yn 2022/23. Mae lefelau gweithgarwch bellach wedi dychwelyd i lefelau cyn-Covid gyda gwaith pellach ar y gweill o ran meithrin capasiti yn y sector *



Mae ennyn diddordeb menywod ifanc a merched mewn gweithgaredd newydd yn parhau i fod yn her, fodd bynnag, 43% o fynychwyr y prosiect yw merched gyda'r dysgwyr hyn o grwpiau sy'n cael eu hystyried i fod wedi ymddieithrio neu'n llai actif. Mae'n bosibl na fyddent yn cymryd rhan mewn gweithgaredd heb y cyfleoedd hyn tra'n astudio yn y coleg.

* Gweithgaredd wedi'i ariannu gan gyllid craidd heb gynnwys data Haf o Hwyl / Gaeaf Llawn Lles

Equality, Diversity and Inclusion



A fully inclusive approach is promoted across all FE college projects. Engagement is either via specific subject groups with a diverse profile of learners or building on existing college equality programmes



Engagement work has supported the work of the WCVA - Sport Diversity Cymru project in connecting with the FE sector in North Wales



2022/23 has seen growth in learners with Additional Learning Needs participating in inclusive activity and events at all colleges. Boccia is also now part of the competitive programme of sports for FE colleges supported by Disability Sport Wales



Colegau Cymru developed new projects via Summer of Fun and Winter of Wellbeing funding, these included free holiday activities for local children at FE facilities and outdoor experience days for ILS and ESOL learners

Cydraddoldeb, Amrywiaeth a Chynwysoldeb



Hyrwyddir ymagwedd gwbl gynhwysol ar draws holl brosiectau colegau addysg bellach. Mae ymgysylltu naill ai drwy grwpiau pwnc penodol gyda phroffil amrywiol o ddysgwyr, neu'n adeiladu ar raglenni cydraddoldeb presennol y coleg



Mae gwaith ymgysylltu wedi cefnogi gwaith prosiect WCVA - Chwaraeon BME Cymru i gysylltu â'r sector addysg bellach yng Ngogledd Cymru



Mae 2022/23 wedi gweld twf yn nifer y dysgwyr ag anghenion dysgu ychwanegol sy'n cymryd rhan mewn gweithgareddau a digwyddiadau cynhwysol ym mhob coleg. Mae Boccia hefyd bellach yn rhan o raglen gystadleuol chwaraeon ar gyfer colegau addysg bellach a gefnogir gan Chwaraeon Anabledd Cymru



Datblygodd Colegau Cymru brosiectau newydd trwy gyllid Haf o Hwyl a Gaeaf Llawn Lles, gan gynnwys gweithgareddau gwyliau am ddim i blant lleol mewn cyfleusterau addysg bellach a diwrnodau profiad awyr agored ar gyfer dysgwyr ILS ac ESOL

Equality, Diversity and Inclusion



At a national level - 21% of project attendees are from an ethnically diverse background (sample of 1,700 learners where ethnicity was provided)



At a local level in Cardiff this sample rises to 60% with 248/411 attendees from an ethnically diverse background



Colegau Cymru collaborates with a wide range of partners around equality, diversity and inclusion including Sport Wales, national partners including WCVA - Sport Diversity Cymru, Disability Sport Wales and StreetGames. Colegau Cymru is also a member of the Black Leadership group (UK wide)

Cydraddoldeb, Amrywiaeth a Chynwysoldeb



Ar lefel genedlaethol - mae 21% o fynychwyr y prosiect o gefndir ethnig amrywiol (sampl o 1,700 o ddysgwyr lle rhoddwyd ethnigrwydd)

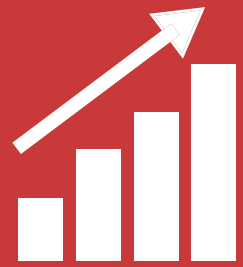


Ar lefel leol yng Nghaerdydd mae'r sampl hwn yn codi i 60% gyda 248/411 o fynychwyr o gefndir ethnig amrywiol



Mae Colegau Cymru yn cydweithio ag ystod eang o bartneriaid ym maes cydraddoldeb, amrywiaeth a chynhwysoldeb gan gynnwys Chwaraeon Cymru, partneriaid cenedlaethol gan gynnwys WCVA - Chwaraeon BME Cymru, Chwaraeon Anabledd Cymru a StreetGames. Mae Colegau Cymru hefyd yn aelod o'r Black Leadership Group (ledled y DU)

Insight and Data



Project Delivery is monitored via UPSHOT online monitoring. In 22/23 this also included Winter of Wellbeing and Summer of Fun as Covid recovery initiatives



Action based research in 22/23. External consultants completed 35 focus groups with college learners and external stakeholders to learn more about the connection between activity and wellbeing



Examples of new college-based activities for 2023 include boccia, paddleboarding, laser tag, just dance, ESOL rugby and martial arts

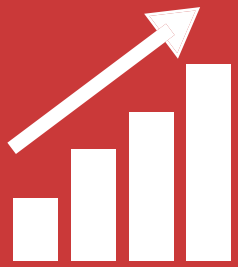


Active Wellbeing Forums - 3 regional forums involving learners, staff and external partners were able to discuss research findings and shape future delivery priorities and partnerships



College feedback - locally via project meetings and nationally via existing project networks and strategic groups

Mewnwelediad a Data



Caiff Cyflawniadau'r Prosiect ei fonitro ar-lein trwy UPSHOT. Yn 22/23 roedd hyn hefyd yn cynnwys Gaeaf Llawn Lles a Haf o Hwyl fel mentrau adfer Covid



Ymchwil seiliedig ar weithredu yn 22/23. Cwblhaodd ymgynghorwyr allanol 35 o grwpiau ffocws gyda dysgwyr coleg a rhanddeiliaid allanol i ddysgu mwy am y cysylltiad rhwng gweithgaredd a lles



Mae enghreifftiau o weithgareddau newydd yn y coleg ar gyfer 2023 yn cynnwys boccia, padlfyrddio, tag laser, just dance, rygbi ESOL a chrefft ymladd



Fforymau Lles Actif - roedd 3 fforwm rhanbarthol yn cynnwys dysgwyr, staff a phartneriaid allanol yn gallu trafod canfyddiadau ymchwil a llunio partheriaethau a flaenoriaethau cyflawni yn y dyfodol



Adborth y coleg - yn lleol trwy gyfarfodydd prosiect ac yn genedlaethol trwy rwydweithiau prosiect a grwpiau strategol presennol

Insight Sharing



A new space on Hwb Cymru * has been created for active wellbeing resources



ColegauCymru holds regular network sessions for college staff as part of project management



Publications and resources are uploaded to the ColegauCymru Sport website and social media channels



Political engagement including ministerial briefings and visits, policy work with Senedd members and Welsh Government officials

* Welsh Government digital learning platform for schools and colleges

Rhannu Mewnwelediad



Mae lle newydd ar
Hwb Cymru* wedi'i
greu ar gyfer
adnoddau lles actif



Mae Colegau Cymru
yn cynnal sesiynau
rhwydwaith rheolaidd
i staff y coleg fel rhan
o reoli prosiectau



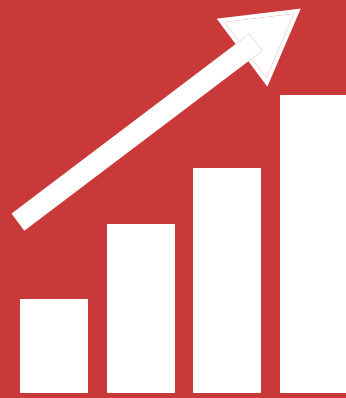
Mae cyhoeddiadau ac
adnoddau yn cael eu
lanlwytho i wefan
Chwaraeon
Colegau Cymru a
sianeli cyfryngau
cymdeithasol



Ymgysylltu
gwleidyddol gan
gynnwys sesiynau
briffio ac ymweliadau
Gweinidogol, gwaith
polisi gydag Aelodau'r
Senedd a swyddogion
Llywodraeth Cymru

* Llwyfan dysgu digidol Llywodraeth Cymru ar gyfer ysgolion a cholegau

Influencing Others



Welsh Government guidance now supports the use of funding from mental health for Active Wellbeing staff and delivery in colleges, building on strategic level work by ColegauCymru

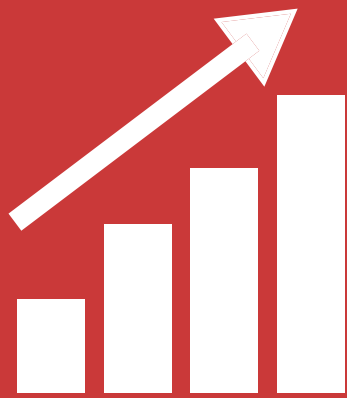


80% of colleges now have designated active wellbeing staff roles supported by mental health funding, in 2022/23 this includes approximately 10 new roles across the sector



This equates to new investment in the region of £250k – £300k across the sector

Dylanwadu ar eraill



Mae canllawiau
Llywodraeth Cymru
bellach yn cefnogi'r
defnydd o gyllid iechyd
meddwl ar gyfer staff Lles
Actif a darpariaeth mewn
 colegau, gan adeiladu ar
waith lefel strategol gan
ColegauCymru



Mae gan 80% o
golegau bellach rolau
staff lles actif
dynodedig a gefnogir
gan gyllid iechyd
meddwl, yn 2022/23
mae hyn yn cynnwys
tua 10 rôl newydd ar
draws y sector



Mae hyn yn
cyfateb i
fuddsoddiad
newydd o tua
£250k - £300k ar
draws y sector

Influencing Others



More campuses are now supported by new active wellbeing roles, specifically 6 more in the South Wales valleys and North West Wales



ColegauCymru has also supported the development of combined roles for active wellbeing including WRU hub officers with a dual role for community and Active Wellbeing delivery



Advising Sport Wales based groups and other external networks on engagement with the FE sector including regionalisation of community sport

Dylanwadu ar eraill



Mae mwy o gampysau bellach yn cael eu cefnogi gan rolau lles actif newydd, yn benodol 6 arall yng nghymoedd De Cymru a Gogledd Orllewin Cymru

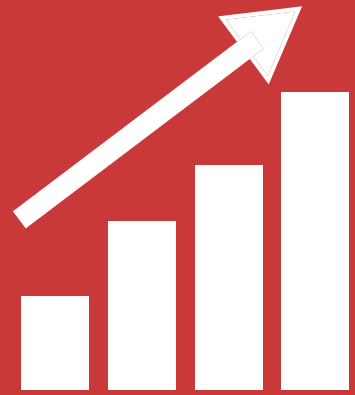


Mae ColegauCymru hefyd wedi cefnogi datblygu rolau cyfun ar gyfer lles actif gan gynnwys swyddogion hwb URC gyda rôl ddeuol ar gyfer cyflawni Lles Actif a Chymunedol



Cynghori grwpiau sy'n seiliedig ar Chwaraeon Cymru a rhwydweithiau allanol eraill ar ymgysylltu â'r sector addysg bellach gan gynnwys rhanbartholi chwaraeon cymunedol

Continuous Improvement



Insight from recent research and feedback is being used to guide project development and CPD for college staff



Additional new space is being developed on HWB for project leads to share college resources

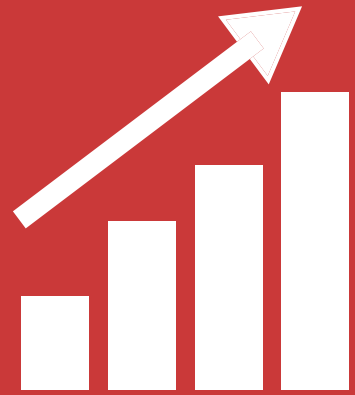


Emerging themes include identifying new ways to engage with learners in college environments



Connecting with national governing bodies and partners to widen opportunities

Gwelliant Parhaus



Mae mewnwelediad
o ymchwil ac
adborth diweddar yn
cael ei ddefnyddio i
arwain datblygiad
prosiect a DPP ar
gyfer staff y coleg



Mae gofod newydd
ychwanegol yn
cael ei ddatblygu
ar HWB i
arweinwyr prosiect
rannu adnoddau'r
coleg

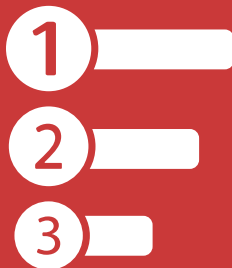


Mae themâu sy'n
dod i'r amlwg yn
cynnwys nodi
ffyrdd newydd o
ymgysylltu â
dysgwyr mewn
amgylcheddau
coleg

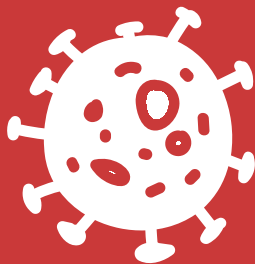


Cysylltu â chyrff
llywodraethu
cenedlaethol a
phartneriaid i
ehangu cyfleoedd

Future Challenges



22/23 has seen an increase in demand for activity challenging the capacity of workforce and resources in some colleges - development of a sustainable future workforce is a priority



Post-Covid colleges are reporting an increase in behaviour and engagement problems among those learners most affected by the pandemic

Continuing to work on three key themes:

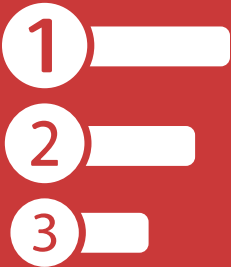


- Raising awareness of the connection between activity and wellbeing;
- Supporting system change in FE working towards a 'whole system approach'
- Creating new opportunities for FE Colleges to collaborate with national governing bodies, regional sports partnerships and national partners around workforce development

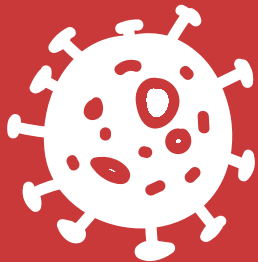


New partnership work underway in 2022/23 with Youth Sport Trust, Actif North Wales, Disability Sport Wales and Table Tennis Wales

Heriau'r Dyfodol



Mae 22/23 wedi gweld cynnydd yn y galw am weithgarwch sy'n herio gallu'r gweithlu ac adnoddau mewn rhai colegau - mae datblygu gweithlu cynaliadwy ar gyfer y dyfodol yn flaenoriaeth



Mae colegau ôl-Covid yn adrodd am gynnydd mewn problemau ymddygiad ac ymgysylltu ymhlith y dysgwyr hynny yr effeithir arnynt fwyaf gan y pandemig

Parhau i weithio ar dri thema allweddol:



- Codi ymwybyddiaeth o'r cysylltiad rhwng gweithgaredd a lles;
- Cefnogi newid system mewn AB gan weithio tuag at 'ddull system gyfan'
- Creu cyfleoedd newydd i Golegau AB gydweithio â chyrff llywodraethu cenedlaethol, partneriaethau chwaraeon rhanbarthol a phartneriaid cenedlaethol ynghylch datblygu'r gweithlu



Gwaith partneriaeth newydd ar y gweill yn 2022/23 gyda'r Ymddiriedolaeth Chwaraeon Ieuencid, Actif Gogledd Cymru, Chwaraeon Anabled Cymru a Thenis Bwrdd Cymru

Gwybodaeth Bellach Further Information

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