

## CYNGOR SIR POWYS COUNTY COUNCIL

County Council  
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**REPORT AUTHOR:** County Councillor Graham Brown, Portfolio Holder for  
Commissioning and Procurement  
County Councillor Stephen Hayes, Portfolio Holder for  
Adult Social Care

**SUBJECT:** Question from County Councillor Matthew Dorrance

**Will the Cabinet congratulate my constituent Rob Davies on his Gold Medal win at Paralympic Games in Rio and detail how they are using sport to help improve health and well-being in Powys?**

Sports Development offer enormous support in raising awareness of health and well-being on a day to day basis throughout Powys. Located in every secondary school in Powys are our Community Sports Development Officers who are on hand to provide extensive opportunities to increase physical activity levels within each primary school cluster, secondary school and community. Predominantly working within the education setting; officers also engage frequently with parents, carers, youth and adult organisations as well as being on hand to support and advise additional partners and associations whom request it.

We continuously strive to raise the levels of physical activity, health and well-being in Powys. From the current evidence outlined below from the **2015 and 2013 School Sport Survey** that to become **'hooked on sport for life'** a child must have the right physical skills to take part in sport (the ability), along with the confidence and motivation to want to take part and try new activities (created by enjoyable experiences). Children benefit from having countless opportunities to take part in different sports and activities and to be able to practice their skills (developing ability, confidence and enjoyment).

In Powys we utilise the results from this substantial survey (conducted every two years) to continue to develop opportunities and provide direction in which will increase the overall wellbeing in our communities. We aspire to provide the finest provision which will enhance and encourage the development of healthy and confident pupils, who will in turn grow and advance into active adults which runs parallel to our **Sport Powys vision – to become a heartland for sport where every resident is active and Powys is a county of champions.**

Please find detailed below various powerful findings that Sport Powys are proud to declare and feel as a whole contributes to developing health and well-being across Powys.

- The 2015 School Sport survey found **49% of Powys pupils are hooked on sport for life** (measured by 3 or more activities a week) **which is above the**

**Welsh national average of 48%. Compared with the 2013 results Powys (41%), Wales (40%).**

- We at Sport Powys pride ourselves in developing and equipping our communities with a complete skills set needed to achieve and succeed. **We are proud that 79% of our pupils feel confident in trying new activities which matches the national average and is an increase on the 2013 results (74%).** If pupils are confident in their abilities they are able to enjoy sport both recreationally and competitively and furthermore will always opt to take part in physical activity opportunities.
- **Powys are delighted to have a higher than average number of pupils who enjoy sport in after-school and lunchtime clubs, (2015 – 57%, 2013- 54%, Wales, 53%).** A large contributing factor is down to the work of our Community Sports Development Officers who offer a wide range of inclusive sporting opportunities for all in their primary clusters, secondary schools and communities alike.
- **We are proud to announce that 62% of Powys pupils feel that Sport and PE help you have a healthy lifestyle which equals that of the national average, (2013 - 54%).**  
We feel it's important and are pleased that this is reflected in the results and that young people of today recognise the numerous benefits of physical activity.
- **62% of Powys students are comfortable at taking part in PE and sport, (2013 – 60%, Wales – 60%).** We aim to allow Powys students to feel wholly comfortable and empowered by physical activity. Our 5x60 program provides pupils with an influential voice which enables the pupils to take ownership over their extracurricular opportunities and drive the program forwards.
- **It has been reported that an enormous 94% of school pupils in Powys reported to have taken part in informal recreational activities.** This contributes enormously to leading and active and healthy lifestyle independently. Playing an immense role in increasing overall health and wellbeing of an individual and additionally, are more likely to remain active and make choices to continue to keep active throughout life.
- **66% of pupils take part in community sport at least once a week compared with 63% of the national average and 63% of Powys pupils are members of a sports club.** Again, our Community Sport Development Officers work tirelessly to provide countless inclusive opportunities for all within their communities. Working on a day to day basis with sports clubs, youth groups and National Governing Bodies to provide professional and accessible provision.
- **In Powys 67% of males and 65% of females participate in sport at least once a week in the community.** This is a tremendous finding for Powys and Sports Development given today's society's recent decline in female participation in sport and physical activity across all ages.

Specifically with Disability Sport in Powys over the last year clubs have increased by 7.3% and the number of sessions taking place has increased enormously by 20%, with participation opportunities increasing by 7.6%.

Following the Paralympic games in Rio, Powys Disability Sport Officer (Beverley Tucker) has reported that in most cases, attendance at sessions have doubled in recent weeks. The demand for provision has increased significantly and it is anticipated that further clubs will be developed as a result.

We hope you find the above outcomes interesting and respectable. In most cases Powys match the standard of the national average or even boast a higher than national average result. Despite not receiving a below average score in any statement we will endeavour to increase these outcomes year on year without the slightest complacency. We aim to provide the highest professional and comprehensive provision for all residents in Powys and will continue to do so.

The outcomes above illustrate the role of Sports Development in building and developing a strong and complete foundation for health and well-being in Powys and we do hope that the cabinet continue to support us fulfilling our vision.

### **Rob Davies – Gold Paralympian 2016**

Powys Sports Development Unit are thrilled to see a Powys athlete receiving a prestigious accolade such as a Paralympic Gold medal. Rob is a tremendous role model to all aspiring athletes in Powys and we are delighted that his hard work, commitment and dedication to sport has led to such an outcome.

We hope that Rob will accept a Special Recognition Award at next year's Brecknockshire and Radnorshire Sports Awards for his recent sporting success. Furthermore, we hope Rob will accept our open invitation to all major sporting events over the next calendar year and thereafter as a sporting ambassador for Powys. We are confident that Rob will inspire and enthuse pupils and communities across Powys with his powerful journey to success.

We hope Rob will be available in particular to be guest speaker at our annual Sports Awards in the spring, as well as inspire and motivate hundreds of eager Young Ambassadors at the annual Powys conference in the New Year. Additionally we are confident that Rob will provide school and community visits throughout the year as he has done so previously and are on hand to coordinate and support Rob with this.

We are passionate about providing opportunities for all across Powys and feel that Rob's recent triumph will play a vital part in enthusing thousands of Powys residents to increase their level of physical activity which in turn benefits personal health and wellbeing.

Please find attached links to video footage of Rob Davies' final seconds before winning Gold at Rio 2016, and also a brief overview of what Sport means to Rob since his accident in 2006.

The video clips are a clear demonstration of how Rob is a tremendous role model for health and well-being here in Powys and we aim to not miss a moment to capture this magnificent achievement, which may be one of many more.

1. <https://www.youtube.com/watch?v=wUGSpWiNViU>
2. <https://www.youtube.com/watch?v=JZqpTinmNFk>