

# VALLEYS GYMNASTICS ACADEMY

## Summer of Fun Continuation



Caerphilly and St Tydfils  
(Merthyr)

65 young people

### WINTER OF WELLBEING

VGA utilised the Winter of Wellbeing funding to create an accessible offer within a mainstream sports facility such as their gymnastics club. Young people who had not previously engaged with the club before and those who wanted to increase their engagement with the club were able to consult with the coaches and create a menu of activities. This consultation resulted in a sustained 'youth evening' provision and allowed VGA to expand its offer across two underserved communities, Caerphilly and St Tydfils, Merthyr.

### SUMMER OF FUN

Since, the Summer of Fun funding provided vital resource to sustain the provision that has been met with a huge demand of over 40 young people per session. Building on the Winter of Wellbeing approach, VGA embedded youth consultation into this offer, resulting in the young people having accessed a variety of activities including free running, skateboarding, golf, tennis and hula/circus skills. The Doorstep Sport clubs in Caerphilly and St Tydfils enabled young people to be more active, socialise with others and get out of the house after school. The project leader at VGA believed the young people valued the opportunity to try new things and described the feedback they had received as 'outstanding'.

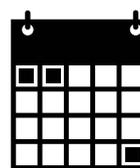
VGA said 'in terms of learning, these sessions have reinforced the style of delivery and the inclusion of food. We have applied this learning across the organisation and have included free drinks and snacks as far as we possibly can'. Therefore, in less than a year, VGA has created a more accessible, inviting space for all young people to attend with the ingredients of Doorstep Sport fully embedded into their provision. They plan to continue their Doorstep Sport sessions and build upon what they have already learnt, continuing to provide semi structured, meaningful activities with healthy food and drinks available.

*'As we deliver more of these sessions, we are learning more about young people and this less structured type of work. As an organisation we really value offering a spectrum of opportunities - and we can see that the young people value this too.'*

### DOORSTEP SPORT INGREDIENTS



**Attractive offer**  
(moving away from gymnastics  
and provision of free drinks and snacks)



Year-round offer.