

Get Out Get Active // Phase 2

Case Studies

Strength Academy Wales Active Together

Ewch Allon  Get Out
Byddwch Actif Get Active



Strength Academy Wales Active Together Group proving all ages can get involved, even the grandparents



Background

Get Out Get Active EHE was approached by Strength Academy Wales to target the lack of daytime provision activity. GOGA saw this as the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.

Approach

Before sessions started within SAW, we worked closely with them to provide information to families before they started attending. Simple information about the club, coaches & what the sessions would look like broke down the barriers of entering a gym/weightlifting setting.

By encouraging whole family participation we found that participants were encouraging other families members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.



Grandmother & her 3 grandchildren taking part in SAW 'Active Together' group.



"I would've never come to an environment like this but with my grandchildren coming its motivated me to come and try something new, it gets me out of bed in the morning, it's something we all look forward to" – Grandmother of attendees



"GOGA has allowed my children to use transferable skills"

Outcomes

- Large percentages of attendees taking part in other programmes within SAW (youth weightlifting, US girls, Lift the bar)
- 9 adult, 13 junior memberships
- SAW expansion, new timetable, added another 'Active Together' session
- Whole family participation from ages 6-76

Learning

- Families were travelling from other counties to attend SAW session
- Families would prefer to engage in family friendly opportunities as being home educated one timetable works best
- Families were using word of mouth to spread success of SAW sessions, leading to expansion of another session

"I feel empowered by sharing the word to other home ed families, it's nice for them to know there are opportunities out there for them to access"



Codi Allan Bod yn Egniol // Cam 2

Astudiaethau Achos

Grŵp Active Together Strength Academy Wales

Ewch Allān  Get Out
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Grŵp Active Together SAW yn profi y gall pob oed gymryd rhan, hyd yn oed y neiniau a theidiau

Cefndir

Cysylltodd a SAW cymru gyda Ewch allan Byddwch yn actif i dargedu'r diffyg gweithgaredd darpariaeth yn ystod y dydd. Roedd GOGA yn gweld hwn yn gyfle perffaith i gyflwyno teuluoedd sy'n cael eu haddysgu gartref i fyd codi pwysau. Chwalu'r rhwystrau i gyfleoedd hygyrch sy'n ystyriol o deuluoedd y gallem ni a SAW eu cynnig.

Dull

Cyn i sesiynau ddechrau o fewn SAW, buom yn gweithio'n agos gyda nhw i ddarparu gwybodaeth i deuluoedd cyn iddynt ddechrau mynychu. Roedd gwybodaeth syml am y clwb, hyfforddwyr a sut olwg fyddai ar y sesiynau yn chwalu'r rhwystrau o fynd i mewn i gampfa/lleoliad codi pwysau.

Trwy annog cyfranogiad teulu cyfan, canfuom fod cyfranogwyr yn annog aelodau eraill o'r teulu i ddod draw. Gwnaethom yn siŵr bod SAW wedi cael dadansoddiad o'r sesiynau a oedd yn gynhwysol ac y gellid eu haddasu ar gyfer pawb o bob oed a gallu.



Mamgu a'i 3 wyrion yn cymryd rhan yng ngrŵp 'Active Together' SAW.



"Fyddwn i byth wedi dod i amgylchedd fel hyn ond gyda fy wyrion yn dod. Mae wedi fy ysgogi i ddod i roi cynnig ar rywbeth newydd, mae'n codi o'r gwely yn y bore, mae'n rhywbeth rydyn ni i gyd yn edrych ymlaen i" – Mamgu y mynychwyr



"Mae GOGA wedi galluogi fy mhlant i ddefnyddio sgiliau trosglwyddadwy"

Canlyniadau

- Canrannau mawr o fynychwyr yn cymryd rhan mewn rhaglenni eraill o fewn SAW (codi pwysau ieuencid, merched UDA, Codwch y bar)
- 9 oedolyn, 13 aelodaeth iau
- Ychwanegodd ehangu SAW, amserlen newydd, sesiwn 'Active Together' arall
- Cyfranogiad teulu cyfan o 6-76 oed

Dysgu

- Roedd teuluoedd yn teithio o siroedd eraill i fynychu sesiwn SAW
- Byddai'n well gan deuluoedd gymryd rhan mewn cyfleoedd sy'n ystyriol o deuluoedd gan mai un amserlen sy'n gweithio orau yw cael eu haddysgu gartref
- Roedd teuluoedd yn defnyddio llafar gwlad i ledaenu llwyddiant sesiynau SAW, gan arwain at ehangu sesiwn arall

"Rwy'n teimlo fy mod wedi fy ngrymuso drwy rannu'r gair â theuluoedd cartref eraill, mae'n braf iddynt wybod bod cyfleoedd ar gael iddynt"

