



# Final summary report

July 2007 – March 2011

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## Outline

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## Glossary

*Registered participants:* All participants register when they join an activity, and these are called registered participants. Participants are only removed from the register if they indicate that they are no longer going to attend or move away from the area.

*Active participants:* These are people who have taken part in an activity. These are counted each quarter, and the total number of individuals which have been active at some time during the year is reported for each year.

*Adults and young people:* When talking about targeted groups, Mentro Allan uses the age range 14-25 (or 30 for Ynys Mon) to describe young people. However, the physical activity level key performance indicator is based on the current level of activity which is recommended for a healthy life. This is 5 or more days per week with at least 30 minutes of moderate or vigorous physical activity (in blocks of at least 10 minutes) for people 16 or over and 5 or more days per week with at least 60 minutes of moderate or vigorous physical activity (in blocks of at least 10 minutes) for people under 16. Therefore, for the evaluation report, adults and young people are defined as "16 or over" and "under 16".

*Physical Activity Level (PAL) forms:* These are questionnaires which are used to determine the number of days in an average week that participants are engaged in either light or moderate/strenuous physical activity for less than 30 minutes, more than 30 minutes or more than 6-0 minutes of the day. These forms have been adapted to different user groups by the projects. The aim is to collect a PAL form for each participant at 6 month intervals to determine whether the person's level of activity is changing.

# 1. National Summary Overview

This is the final quarterly report, and as such many of the tables show a summary of activity over the whole five years of Mentro Allan.

The main findings from the quantitative data are:

- Mentro Allan has, since July 2006, had contact with 9,739 individuals.
- Projects targeted people in the demographic communities they were intending to reach, though it was often 'messy' or 'fuzzy at the edges' with a proportion of people attending being friends or family of the individuals who met the target criteria.
- Projects were successful in targeting sedentary people, though here again, there were people who met the government's yardstick of 5x30 for adults or 5x60 for young people.
- Those who were relatively inactive, reporting an initial activity level of fewer than three days with more than 30 minutes of moderate or vigorous physical activity, were likely to increase their physical activity after 6-12 months contact with Mentro Allan. Of those who filled in a third PAL form, 41 percent had increased their physical activity to three or more days of 30 minutes moderate or vigorous physical activity a week.
- Those who were in contact with the projects after 6 months showed an increase in their use of the outdoors for their physical activity.
- Staff and volunteers undertook a wide range of training, with at least 204 people receiving training. The most common courses were for walking and first aid.
- Projects used a wide variety of activities to engage with people. Projects were people led in their choice of activities, so the attendance profile at activities shows the positive choices of the participants. However, there were geographical and capacity/experience limitations for some activities, so some projects did not provide some activities at all.

## **2. Key Performance Indicators**

### **Number of Participants; breakdown by demographic parameters: KPI 1**

The results are from all projects, as at 31<sup>st</sup> March 2011. The statistics are designed for two purposes:

- To determine the total number of people contacted by Mentro Allan and those who maintain an effective contact
- To determine whether the projects are targeting the appropriate groups.

The overall totals and a breakdown by projects are shown in Tables 1 to 17. In addition, a distinction is made between registered participants and active participants.

Registered participants are those which have had any contact with Mentro Allan projects. If the person leaves the project, then they are still included. Active participants are those who have attended a session in January 2010 – March 2010.

One project, Flintshire & Wrexham, targets people with disabilities and their carers. They have had particular difficulties in obtaining age details from carers, who are often paid staff, and hence do not see themselves as participants. This issue is being addressed with the project staff.

**Table 1: Registered Participants:**

|                  | <b>Join</b>  | <b>Leave</b> | <b>End of quarter total</b> |
|------------------|--------------|--------------|-----------------------------|
| July - Sept 2006 | 42           | 1            | 41                          |
| Oct - Dec 2006   | 26           | 0            | 66                          |
| Jan - Mar 2007   | 135          | 0            | 202                         |
| Apr - June 2007  | 596          | 0            | 798                         |
| July - Sept 2007 | 844          | 2            | 1,640                       |
| Oct - Dec 2007   | 745          | 12           | 2,373                       |
| Jan - Mar 2008   | 671          | 5            | 3,039                       |
| Apr - June 2008  | 858          | 691          | 3,206                       |
| July - Sept 2008 | 698          | 172          | 3,732                       |
| Oct - Dec 2008   | 353          | 33           | 4,052                       |
| Jan - Mar 2009   | 729          | 96           | 4,685                       |
| Apr - June 2009  | 787          | 45           | 5,427                       |
| July - Sept 2009 | 626          | 19           | 6,034                       |
| Oct - Dec 2009   | 529          | 89           | 6,474                       |
| Jan - Mar 2010   | 648          | 115          | 7,007                       |
| Apr - June 2010  | 720          | 357          | 7,370                       |
| June - Sept 2010 | 327          | 290          | 7,407                       |
| Oct - Dec 2010   | 191          | 2,024        | 5,574                       |
| Jan - Mar 2011   | 214          | 7,715        | 0                           |
| <b>Total</b>     | <b>9,739</b> | <b>2,024</b> |                             |

**Table 2: Active participants:**

|                   | <b>Attended at least one session in the quarter</b> | <b>Attended at least one session in the previous year</b> |
|-------------------|---|---|
| Jan - March 2007  | 168   |   |
| April - June 2007 | 672   |   |
| July - Sept 2007  | 1,142   |   |
| Oct - Dec 2007    | 805   | 1,899   |
| Jan - Mar 2008    | 1,016   |   |
| Apr - June 2008   | 1,539   |   |
| July - Sept 2008  | 1,541   |   |
| Oct - Dec 2008    | 1,223   | 3,059   |
| Jan - March 2009  | 1,119   |   |
| April - June 2009 | 1,935   | 3,392   |
| July - Sept 2009  | 1,522   |   |
| Oct - Dec 2009    | 1,325   |   |
| Jan - March 2010  | 1,268   |   |
| April - June 2010 | 1,781   | 3,312   |
| July - Sept 2010  | 1,530   |   |
| Oct - Dec 2010    | 993   |   |
| Jan - March 2011  | 792   |   |

From these tables, it can be seen that Mentro Allan has, since July 2006, had contact with 9,739 individuals.

**Table 3: Registered and active participants by project**

| <b>Project</b>          | <b>Registered participants,</b> |                          |                                   | <b>Active participants</b> |
|-------------------------|---------------------------------|--------------------------|-----------------------------------|----------------------------|
|                         | <b>Participants registered</b>  | <b>Participants left</b> | <b>Current total participants</b> | <b>Jan-March 2011</b>      |
| Anglesey                | 477                             | 477                      | 0                                 | 31                         |
| Bargoed                 | 665                             | 665                      | 0                                 | 142                        |
| Bridgend                | 314                             | 314                      | 0                                 | 0                          |
| Caerphilly & Torfaen    | 400                             | 400                      | 0                                 | 126                        |
| Cardiff                 | 340                             | 340                      | 0                                 | 55                         |
| Cardiff & Vale          | 1233                            | 1233                     | 0                                 | 0                          |
| Powys                   | 707                             | 707                      | 0                                 | 61                         |
| Flintshire & Wrexham    | 1279                            | 1279                     | 0                                 | 0                          |
| Merthyr & Blaenau Gwent | 548                             | 548                      | 0                                 | 0                          |
| Newport                 | 1045                            | 1045                     | 0                                 | 0                          |
| Neath Port Talbot       | 450                             | 450                      | 0                                 | 71                         |
| Pembroke Dock           | 376                             | 376                      | 0                                 | 29                         |
| Rhondda Cynon Taff      | 662                             | 662                      | 0                                 | 99                         |
| Swansea                 | 554                             | 554                      | 0                                 | 108                        |
| <b>Total</b>            | <b>9,050</b>                    | <b>9050</b>              | <b>0</b>                          | <b>722</b>                 |

**Table 4: Gender and age<sup>1</sup>,**

|              | <b>Registered participants</b> |          | <b>Active participants</b> |              | <b>Registered participants</b> |          | <b>Active participants</b> |  |
|--------------|--------------------------------|----------|----------------------------|--------------|--------------------------------|----------|----------------------------|--|
|              | <b>No</b>                      | <b>%</b> | <b>%</b>                   |              | <b>No</b>                      | <b>%</b> | <b>%</b>                   |  |
|              |                                |          |                            | Under        |                                |          |                            |  |
| Male         | 3,520                          | 39.5     | 42.4                       | 16           | 1,580                          | 18.8     | 16.8                       |  |
| Female       | 5,396                          | 60.5     | 57.6                       | 16-18        | 734                            | 8.7      | 9.1                        |  |
| No data      | 134                            |          |                            | 19-25        | 932                            | 11.1     | 3.9                        |  |
|              |                                |          |                            | 26-54        | 3,444                          | 41.0     | 32.8                       |  |
|              |                                |          |                            | 55+          | 1,701                          | 20.3     | 37.4                       |  |
|              |                                |          |                            | No data      | 659                            |          |                            |  |
| <b>Total</b> | <b>9,050</b>                   |          |                            | <b>Total</b> | <b>9,050</b>                   |          |                            |  |

<sup>1</sup> The equality and diversity statistics are based on all participants, that is, participants which leave Mentro Allan are included. However, all Rhyl participants have been removed, as the project closed in early 2008. This gives a total number of people who have contacted the remaining 14 projects as 9,050.

**Table 5: Gender, registered participants by project**

| Registered participants,<br>Project |           | Gender |        | No data | Total |
|-------------------------------------|-----------|--------|--------|---------|-------|
|                                     |           | Male   | Female |         |       |
| Anglesey                            | No        | 0      | 477    | 0       | 477   |
|                                     | %         | 0      | 100    |         |       |
| Bargoed                             | No        | 244    | 421    | 0       | 665   |
|                                     | %         | 37     | 63     |         |       |
| Bridgend                            | No        | 47     | 198    | 69      | 314   |
|                                     | %         | 19     | 81     |         |       |
| Caerphilly & Torfaen                | No        | 165    | 235    | 0       | 400   |
|                                     | %         | 41     | 59     |         |       |
| Cardiff                             | No        | 229    | 110    | 1       | 340   |
|                                     | %         | 68     | 32     |         |       |
| Cardiff & Vale                      | No        | 287    | 946    | 0       | 1,233 |
|                                     | %         | 23     | 77     |         |       |
| Powys                               | No        | 253    | 454    | 0       | 707   |
|                                     | %         | 36     | 64     |         |       |
| Flintshire & Wrexham                | No        | 637    | 642    | 0       | 1,279 |
|                                     | %         | 50     | 50     |         |       |
| Merthyr & Blaenau Gwent             | No        | 342    | 206    | 0       | 548   |
|                                     | %         | 62     | 38     |         |       |
| Newport                             | No        | 398    | 642    | 5       | 1,045 |
|                                     | %         | 38     | 62     |         |       |
| Neath Port Talbot                   | No        | 300    | 150    | 0       | 450   |
|                                     | %         | 67     | 33     |         |       |
| Pembroke Dock                       | No        | 247    | 129    | 0       | 376   |
|                                     | %         | 66     | 34     |         |       |
| Rhondda Cynon Taff                  | No        | 272    | 346    | 44      | 662   |
|                                     | %         | 44     | 56     |         |       |
| Swansea                             | No        | 99     | 440    | 15      | 554   |
|                                     | %         | 18     | 82     |         |       |
| <b>Total</b>                        | <b>No</b> | 3,520  | 5396   | 134     | 9,050 |
|                                     | <b>%</b>  | 39     | 61     |         |       |

**Table 6: Gender, active participants by project**

| Active participants,<br>Jan- March 11 |           | Gender |        | No<br>data | Total |
|---------------------------------------|-----------|--------|--------|------------|-------|
|                                       |           | Male   | Female |            |       |
| Project                               |           |        |        |            |       |
| Anglesey                              | No        | 0      | 31     | 0          | 31    |
|                                       | %         | 0      | 100    |            |       |
| Bargoed                               | No        | 34     | 108    | 0          | 142   |
|                                       | %         | 24     | 76     |            |       |
| Bridgend                              | No        |        |        |            |       |
|                                       | %         |        |        |            |       |
| Caerphilly & Torfaen                  | No        | 56     | 70     | 0          | 126   |
|                                       | %         | 44     | 56     |            |       |
| Cardiff                               | No        | 36     | 19     | 0          | 55    |
|                                       | %         | 65     | 35     |            |       |
| Cardiff & Vale                        | No        |        |        |            |       |
|                                       | %         |        |        |            |       |
| Powys                                 | No        | 22     | 39     | 0          | 61    |
|                                       | %         | 36     | 64     |            |       |
| Flintshire & Wrexham                  | No        |        |        |            |       |
|                                       | %         |        |        |            |       |
| Merthyr & Blaenau Gwent               | No        |        |        |            |       |
|                                       | %         |        |        |            |       |
| Newport                               | No        |        |        |            |       |
|                                       | %         |        |        |            |       |
| Neath Port Talbot                     | No        | 57     | 14     | 0          | 71    |
|                                       | %         | 80     | 20     |            |       |
| Pembroke Dock                         | No        | 23     | 6      | 0          | 29    |
|                                       | %         | 79     | 21     |            |       |
| Rhondda Cynon Taff                    | No        | 47     | 50     | 2          | 99    |
|                                       | %         | 48     | 52     |            |       |
| Swansea                               | No        | 30     | 78     | 0          | 108   |
|                                       | %         | 28     | 72     |            |       |
| <b>Total</b>                          | <b>No</b> | 305    | 415    | 2          | 722   |
|                                       | <b>%</b>  | 42     | 58     |            |       |

Many projects have a gender ratio of registered participants of between 40 and 60 percent of one gender. Exceptions are Swansea, which concentrates on carers who are often female, Anglesey, which targets young women and Bridgend, which targets older people.



**Table 7: Age, registered participants by project**

| Registered participants, |           | Age  |       |       |       |      | No data | Total |
|--------------------------|-----------|------|-------|-------|-------|------|---------|-------|
|                          |           | <16  | 16-18 | 19-25 | 26-54 | 55+  |         |       |
| Project                  |           |      |       |       |       |      |         |       |
| Anglesey                 | No        | 32   | 43    | 180   | 208   | 3    | 11      | 477   |
|                          | %         | 7    | 9     | 39    | 45    | 1    |         |       |
| Bargoed                  | No        | 150  | 17    | 29    | 176   | 279  | 14      | 665   |
|                          | %         | 23   | 3     | 4     | 27    | 43   |         |       |
| Bridgend                 | No        | 1    | 1     | 1     | 50    | 105  | 156     | 314   |
|                          | %         | 1    | 1     | 1     | 32    | 66   |         |       |
| Caerphilly & Torfaen     | No        | 42   | 32    | 31    | 150   | 137  | 8       | 400   |
|                          | %         | 11   | 8     | 8     | 38    | 35   |         |       |
| Cardiff                  | No        | 18   | 21    | 32    | 234   | 33   | 2       | 340   |
|                          | %         | 5    | 6     | 9     | 69    | 10   |         |       |
| Cardiff & Vale           | No        | 293  | 57    | 76    | 503   | 304  | 0       | 1233  |
|                          | %         | 24   | 5     | 6     | 41    | 25   |         |       |
| Powys                    | No        | 199  | 28    | 29    | 278   | 77   | 96      | 707   |
|                          | %         | 33   | 5     | 5     | 45    | 13   |         |       |
| Flintshire & Wrexham     | No        | 84   | 45    | 169   | 776   | 198  | 7       | 1279  |
|                          | %         | 7    | 4     | 13    | 61    | 16   |         |       |
| Merthyr & Blaenau Gwent  | No        | 2    | 2     | 70    | 331   | 97   | 46      | 548   |
|                          | %         | 0    | 0     | 14    | 66    | 19   |         |       |
| Newport                  | No        | 356  | 67    | 114   | 335   | 87   | 86      | 1045  |
|                          | %         | 37   | 7     | 12    | 35    | 9    |         |       |
| Neath Port Talbot        | No        | 183  | 196   | 61    | 9     | 0    | 1       | 450   |
|                          | %         | 41   | 44    | 14    | 2     | 0    |         |       |
| Pembroke Dock            | No        | 127  | 153   | 69    | 16    | 0    | 11      | 376   |
|                          | %         | 35   | 42    | 19    | 4     | 0    |         |       |
| Rhondda Cynon Taff       | No        | 27   | 7     | 31    | 262   | 222  | 113     | 662   |
|                          | %         | 5    | 1     | 6     | 48    | 40   |         |       |
| Swansea                  | No        | 66   | 65    | 40    | 116   | 159  | 108     | 554   |
|                          | %         | 15   | 15    | 9     | 26    | 36   |         |       |
| <b>Total</b>             | <b>No</b> | 1580 | 734   | 932   | 3444  | 1701 | 659     | 9050  |
|                          | <b>%</b>  | 19   | 9     | 11    | 41    | 20   |         |       |

**Table 8: Age, active participants by project**

| Active participants,<br>Jan- March 11 |           | Age |       |       |       |     | No<br>data | Total |
|---------------------------------------|-----------|-----|-------|-------|-------|-----|------------|-------|
|                                       |           | <16 | 16-18 | 19-25 | 26-54 | 55+ |            |       |
| Project                               |           |     |       |       |       |     |            |       |
| Anglesey                              | No        | 0   | 0     | 3     | 28    | 0   | 0          | 31    |
|                                       | %         | 0   | 0     | 10    | 90    | 0   |            |       |
| Bargoed                               | No        | 4   | 7     | 0     | 22    | 100 | 9          | 142   |
|                                       | %         | 3   | 5     | 0     | 17    | 75  |            |       |
| Bridgend                              | No        |     |       |       |       |     |            |       |
|                                       | %         |     |       |       |       |     |            |       |
| Caerphilly & Torfaen                  | No        | 11  | 8     | 5     | 40    | 60  | 2          | 126   |
|                                       | %         | 9   | 6     | 4     | 32    | 48  |            |       |
| Cardiff                               | No        | 0   | 0     | 4     | 46    | 5   | 0          | 55    |
|                                       | %         | 0   | 0     | 7     | 84    | 9   |            |       |
| Cardiff & Vale                        | No        |     |       |       |       |     |            |       |
|                                       | %         |     |       |       |       |     |            |       |
| Powys                                 | No        | 22  | 0     | 0     | 33    | 2   | 4          | 61    |
|                                       | %         | 39  | 0     | 0     | 58    | 4   |            |       |
| Flintshire & Wrexham                  | No        |     |       |       |       |     |            |       |
|                                       | %         |     |       |       |       |     |            |       |
| Merthyr & Blaenau Gwent               | No        |     |       |       |       |     |            |       |
|                                       | %         |     |       |       |       |     |            |       |
| Newport                               | No        |     |       |       |       |     |            |       |
|                                       | %         |     |       |       |       |     |            |       |
| Neath Port Talbot                     | No        | 42  | 21    | 7     | 1     | 0   | 0          | 71    |
|                                       | %         | 59  | 30    | 10    | 1     | 0   |            |       |
| Pembroke Dock                         | No        | 11  | 15    | 2     | 0     | 0   | 1          | 29    |
|                                       | %         | 39  | 54    | 7     | 0     | 0   |            |       |
| Rhondda Cynon Taff                    | No        | 2   | 0     | 2     | 43    | 36  | 16         | 99    |
|                                       | %         | 2   | 0     | 2     | 52    | 43  |            |       |
| Swansea                               | No        | 21  | 10    | 3     | 8     | 49  | 17         | 108   |
|                                       | %         | 23  | 11    | 3     | 9     | 54  |            |       |
| <b>Total</b>                          | <b>No</b> | 113 | 61    | 26    | 221   | 252 | 49         | 722   |
|                                       | <b>%</b>  | 17  | 9     | 4     | 33    | 37  |            |       |

Projects show a distribution of ages which reflect their target groups, eg young people (Pembroke Dock), older people (Bridgend) and young women under 30 (Anglesey). Swansea has a concentration of younger and older participants reflecting the different carer groups which have been engaged.

**Table 9: Disability**

|              | Registered participants |      | Active participants |      |
|--------------|-------------------------|------|---------------------|------|
|              | No                      | %    | No                  | %    |
| Disabled     | 1,781                   | 21.3 | 191                 | 27.8 |
| Not disabled | 6,596                   | 78.7 | 497                 | 72.2 |
| No data      | 673                     |      | 34                  |      |
| <b>Total</b> | <b>9,050</b>            |      | <b>722</b>          |      |

**Table 10: Disability, registered participants by project**

| Project                 | Registered participants,<br>Dec-10 | Disability |       | No data | Total |
|-------------------------|------------------------------------|------------|-------|---------|-------|
|                         |                                    | Yes        | No    |         |       |
| Anglesey                | No                                 | 15         | 417   | 45      | 477   |
|                         | %                                  | 3          | 97    |         |       |
| Bargoed                 | No                                 | 152        | 482   | 31      | 665   |
|                         | %                                  | 24         | 76    |         |       |
| Bridgend                | No                                 | 5          | 121   | 188     | 314   |
|                         | %                                  | 4          | 96    |         |       |
| Caerphilly & Torfaen    | No                                 | 105        | 272   | 23      | 400   |
|                         | %                                  | 28         | 72    |         |       |
| Cardiff                 | No                                 | 303        | 27    | 10      | 340   |
|                         | %                                  | 92         | 8     |         |       |
| Cardiff & Vale          | No                                 | 98         | 1,134 | 1       | 1233  |
|                         | %                                  | 8          | 92    |         |       |
| Powys                   | No                                 | 28         | 633   | 46      | 707   |
|                         | %                                  | 4          | 96    |         |       |
| Flintshire & Wrexham    | No                                 | 736        | 537   | 6       | 1279  |
|                         | %                                  | 58         | 42    |         |       |
| Merthyr & Blaenau Gwent | No                                 | 120        | 339   | 89      | 548   |
|                         | %                                  | 26         | 74    |         |       |
| Newport                 | No                                 | 22         | 1,015 | 8       | 1045  |
|                         | %                                  | 2          | 98    |         |       |
| Neath Port Talbot       | No                                 | 53         | 396   | 1       | 450   |
|                         | %                                  | 12         | 88    |         |       |
| Pembroke Dock           | No                                 | 22         | 353   | 1       | 376   |
|                         | %                                  | 6          | 94    |         |       |
| Rhondda Cynon Taff      | No                                 | 101        | 348   | 213     | 662   |
|                         | %                                  | 22         | 78    |         |       |
| Swansea                 | No                                 | 21         | 522   | 11      | 554   |
|                         | %                                  | 4          | 96    |         |       |
| <b>Total</b>            | <b>No</b>                          | 1,781      | 6,596 | 673     | 9,050 |
|                         | <b>%</b>                           | 21         | 79    |         |       |

**Table 11: Disability, active participants by project**

| Active participants,<br>Jan-March 11<br>Project |           | Disability |     | No data | Total |
|---|-----------|------------|-----|---------|-------|
|   |           | Yes        | No  |         |       |
| Anglesey  | No        | 1          | 30  | 0       | 31    |
|   | %         | 3          | 97  |         |       |
| Bargoed   | No        | 51         | 81  | 10      | 142   |
|   | %         | 39         | 61  |         |       |
| Bridgend  | No        |            |     |         |       |
|   | %         |            |     |         |       |
| Caerphilly & Torfaen                            | No        | 43         | 79  | 4       | 126   |
|   | %         | 35         | 65  |         |       |
| Cardiff   | No        | 50         | 5   | 0       | 55    |
|   | %         | 91         | 9   |         |       |
| Cardiff & Vale                                  | No        |            |     |         |       |
|   | %         |            |     |         |       |
| Powys   | No        | 1          | 58  | 2       | 61    |
|   | %         | 2          | 98  |         |       |
| Flintshire & Wrexham                            | No        |            |     |         |       |
|   | %         |            |     |         |       |
| Merthyr & Blaenau Gwent                         | No        |            |     |         |       |
|   | %         |            |     |         |       |
| Newport   | No        |            |     |         |       |
|   | %         |            |     |         |       |
| Neath Port Talbot                               | No        | 11         | 60  | 0       | 71    |
|   | %         | 15         | 85  |         |       |
| Pembroke Dock                                   | No        | 2          | 27  | 0       | 29    |
|   | %         | 7          | 93  |         |       |
| Rhondda Cynon Taff                              | No        | 19         | 62  | 18      | 99    |
|   | %         | 23         | 77  |         |       |
| Swansea   | No        | 13         | 95  | 0       | 108   |
|   | %         | 12         | 88  |         |       |
| <b>Total</b>                                    | <b>No</b> | 191        | 497 | 34      | 722   |
|   | <b>%</b>  | 28         | 72  |         |       |

The self recorded rates of disability vary greatly among the projects. Many projects have low numbers, whilst those targeting people with disabilities have higher proportions (eg Cardiff, 84%). Flintshire & Wrexham targets people with disabilities and their carers, and has more even split. Merthyr & Blaenau Gwent targets people with mental health issues but active participants have, generally, not indicated that they have a disability, indicating that physical or learning disabilities are the main categories identified by participants.

**Table 12: Ethnicity**

|                 | Registered participants |      | Active participants |      |
|-----------------|-------------------------|------|---------------------|------|
|                 | No                      | %    | No                  | %    |
| Ethnic minority | 2258                    | 26.5 | 10                  | 1.5  |
| White British   | 6268                    | 73.5 | 677                 | 98.5 |
| No data         | 524                     |      | 35                  |      |
| <b>Total</b>    | 9050                    |      | 722                 |      |

**Table 13: Ethnicity, registered participants by project**

**Registered participants,  
Jan- March 11**

| Project                 |           | Ethnic minority |      | No data | Total |
|-------------------------|-----------|-----------------|------|---------|-------|
|                         |           | Yes             | No   |         |       |
| Anglesey                | No        | 3               | 427  | 47      | 477   |
|                         | %         | 1               | 99   |         |       |
| Bargoed                 | No        | 5               | 643  | 17      | 665   |
|                         | %         | 1               | 99   |         |       |
| Bridgend                | No        | 2               | 266  | 46      | 314   |
|                         | %         | 1               | 99   |         |       |
| Caerphilly & Torfaen    | No        | 1               | 398  | 1       | 400   |
|                         | %         | 0               | 100  |         |       |
| Cardiff                 | No        | 33              | 301  | 6       | 340   |
|                         | %         | 10              | 90   |         |       |
| Cardiff & Vale          | No        | 1195            | 38   | 0       | 1233  |
|                         | %         | 97              | 3    |         |       |
| Powys                   | No        | 8               | 623  | 76      | 707   |
|                         | %         | 1               | 99   |         |       |
| Flintshire & Wrexham    | No        | 24              | 1252 | 3       | 1279  |
|                         | %         | 2               | 98   |         |       |
| Merthyr & Blaenau Gwent | No        | 2               | 473  | 73      | 548   |
|                         | %         | 0               | 100  |         |       |
| Newport                 | No        | 913             | 122  | 10      | 1045  |
|                         | %         | 88              | 12   |         |       |
| Neath Port Talbot       | No        | 6               | 436  | 8       | 450   |
|                         | %         | 1               | 99   |         |       |
| Pembroke Dock           | No        | 6               | 364  | 6       | 376   |
|                         | %         | 2               | 98   |         |       |
| Rhondda Cynon Taff      | No        | 5               | 434  | 223     | 662   |
|                         | %         | 1               | 99   |         |       |
| Swansea                 | No        | 55              | 491  | 8       | 554   |
|                         | %         | 10              | 90   |         |       |
| <b>Total</b>            | <b>No</b> | 2258            | 6268 | 524     | 9050  |
|                         | <b>%</b>  | 26              | 74   |         |       |

**Table 14: Ethnicity, active participants by project**

| Active participants,<br>Jan- March 11<br>Project |           | Ethnic minority |     | No data | Total |
|--|-----------|-----------------|-----|---------|-------|
|  |           | Yes             | No  |         |       |
| Anglesey   | No        | 0               | 29  | 2       | 31    |
|  | %         | 0               | 100 |         |       |
| Bargoed  | No        | 0               | 138 | 4       | 142   |
|  | %         | 0               | 100 |         |       |
| Bridgend   | No        |                 |     |         |       |
|  | %         |                 |     |         |       |
| Caerphilly & Torfaen                             | No        | 0               | 126 | 0       | 126   |
|  | %         | 0               | 100 |         |       |
| Cardiff  | No        | 1               | 54  | 0       | 55    |
|  | %         | 2               | 98  |         |       |
| Cardiff & Vale                                   | No        |                 |     |         |       |
|  | %         |                 |     |         |       |
| Powys  | No        | 3               | 54  | 4       | 61    |
|  | %         | 5               | 95  |         |       |
| Flintshire & Wrexham                             | No        |                 |     |         |       |
|  | %         |                 |     |         |       |
| Merthyr & Blaenau Gwent                          | No        |                 |     |         |       |
|  | %         |                 |     |         |       |
| Newport  | No        |                 |     |         |       |
|  | %         |                 |     |         |       |
| Neath Port Talbot                                | No        | 2               | 66  | 3       | 71    |
|  | %         | 3               | 97  |         |       |
| Pembroke Dock                                    | No        | 1               | 28  | 0       | 29    |
|  | %         | 3               | 97  |         |       |
| Rhondda Cynon Taff                               | No        | 3               | 74  | 22      | 99    |
|  | %         | 4               | 96  |         |       |
| Swansea  | No        | 0               | 108 | 0       | 108   |
|  | %         | 0               | 100 |         |       |
| <b>Total</b>                                     | <b>No</b> | 10              | 677 | 35      | 722   |
|  | <b>%</b>  | 1               | 99  |         |       |

All projects have had contact with at least one person from an ethnic minority during the lifetime of the project. Five projects had active participants from BME communities in the quarter, reflecting the generally low numbers of such people in many areas of Wales. Projects working with ethnic minority groups as their main target (Cardiff & Vale and Newport) have over 88% of registered participants coming from an ethnic minority.

**Table 15: First Language**

|                         | Registered participants |      | Active participants |      |
|-------------------------|-------------------------|------|---------------------|------|
|                         | No                      | %    | No                  | %    |
| English                 | 6985                    | 82.7 | 660                 | 95.7 |
| Welsh                   | 135                     | 1.6  | 20                  | 2.9  |
| Bilingual Welsh-English | 179                     | 2.1  | 9                   | 1.3  |
| Other                   | 1148                    | 13.6 | 1                   | 0.1  |
| No data                 | 603                     |      | 32                  |      |
| <b>Total</b>            | 9050                    |      | 722                 |      |

**Table 16: First Language, registered participants by project**

Registered participants,

| Project                 |           | First language |       |           |       |         | Total |
|-------------------------|-----------|----------------|-------|-----------|-------|---------|-------|
|                         |           | English        | Welsh | Bilingual | Other | No data |       |
| Anglesey                | No        | 260            | 66    | 89        | 0     | 62      | 477   |
|                         | %         | 63             | 16    | 21        | 0     |         |       |
| Bargoed                 | No        | 645            | 3     | 0         | 1     | 16      | 665   |
|                         | %         | 99             | 0     | 0         | 0     |         |       |
| Bridgend                | No        | 267            | 0     | 0         | 0     | 47      | 314   |
|                         | %         | 100            | 0     | 0         | 0     |         |       |
| Caerphilly & Torfaen    | No        | 393            | 0     | 0         | 0     | 7       | 400   |
|                         | %         | 100            | 0     | 0         | 0     |         |       |
| Cardiff                 | No        | 335            | 0     | 0         | 4     | 1       | 340   |
|                         | %         | 99             | 0     | 0         | 1     |         |       |
| Cardiff & Vale          | No        | 833            | 0     | 0         | 400   | 0       | 1233  |
|                         | %         | 68             | 0     | 0         | 32    |         |       |
| Powys                   | No        | 492            | 45    | 89        | 7     | 74      | 707   |
|                         | %         | 78             | 7     | 14        | 1     |         |       |
| Flintshire & Wrexham    | No        | 1240           | 11    | 0         | 25    | 3       | 1279  |
|                         | %         | 97             | 1     | 0         | 2     |         |       |
| Merthyr & Blaenau Gwent | No        | 389            | 0     | 0         | 1     | 158     | 548   |
|                         | %         | 100            | 0     | 0         | 0     |         |       |
| Newport                 | No        | 342            | 0     | 0         | 693   | 10      | 1045  |
|                         | %         | 33             | 0     | 0         | 67    |         |       |
| Neath Port Talbot       | No        | 444            | 0     | 1         | 0     | 5       | 450   |
|                         | %         | 100            | 0     | 0         | 0     |         |       |
| Pembroke Dock           | No        | 371            | 0     | 0         | 1     | 4       | 376   |
|                         | %         | 100            | 0     | 0         | 0     |         |       |
| Rhondda Cynon Taff      | No        | 440            | 4     | 0         | 2     | 216     | 662   |
|                         | %         | 99             | 1     | 0         | 0     |         |       |
| Swansea                 | No        | 534            | 6     | 0         | 14    | 0       | 554   |
|                         | %         | 96             | 1     | 0         | 3     |         |       |
| <b>Total</b>            | <b>No</b> | 6985           | 135   | 179       | 1148  | 603     | 9050  |
|                         | <b>%</b>  | 83             | 2     | 2         | 14    |         |       |

**Table 17: First Language, active participants by project**

| Active Participants<br>Jan- March 11 |           | First language |       |           |       |         | Total |
|--------------------------------------|-----------|----------------|-------|-----------|-------|---------|-------|
|                                      |           | English        | Welsh | Bilingual | Other | No data |       |
| Anglesey                             | No        | 12             | 12    | 7         | 0     | 0       | 31    |
|                                      | %         | 39             | 39    | 23        | 0     |         |       |
| Bargoed                              | No        | 136            | 2     | 0         | 0     | 4       | 142   |
|                                      | %         | 99             | 1     | 0         | 0     |         |       |
| Bridgend                             | No        |                |       |           |       |         |       |
|                                      | %         |                |       |           |       |         |       |
| Caerphilly & Torfaen                 | No        | 126            | 0     | 0         | 0     | 0       | 126   |
|                                      | %         | 100            | 0     | 0         | 0     |         |       |
| Cardiff                              | No        | 55             | 0     | 0         | 0     | 0       | 55    |
|                                      | %         | 100            | 0     | 0         | 0     |         |       |
| Cardiff & Vale                       | No        |                |       |           |       |         |       |
|                                      | %         |                |       |           |       |         |       |
| Powys                                | No        | 48             | 4     | 2         | 1     | 6       | 61    |
|                                      | %         | 87             | 7     | 4         | 2     |         |       |
| Flintshire & Wrexham                 | No        |                |       |           |       |         |       |
|                                      | %         |                |       |           |       |         |       |
| Merthyr & Blaenau Gwent              | No        |                |       |           |       |         |       |
|                                      | %         |                |       |           |       |         |       |
| Newport                              | No        |                |       |           |       |         |       |
|                                      | %         |                |       |           |       |         |       |
| Neath Port Talbot                    | No        | 70             | 0     | 0         | 0     | 1       | 71    |
|                                      | %         | 100            | 0     | 0         | 0     |         |       |
| Pembroke Dock                        | No        | 29             | 0     | 0         | 0     | 0       | 29    |
|                                      | %         | 100            | 0     | 0         | 0     |         |       |
| Rhondda Cynon Taff                   | No        | 77             | 1     | 0         | 0     | 21      | 99    |
|                                      | %         | 99             | 1     | 0         | 0     |         |       |
| Swansea.                             | No        | 107            | 1     | 0         | 0     | 0       | 108   |
|                                      | %         | 99             | 1     | 0         | 0     |         |       |
| <b>Total</b>                         | <b>No</b> | 660            | 20    | 9         | 1     | 32      | 722   |
|                                      | <b>%</b>  | 96             | 3     | 1         | 0     |         |       |

People whose first language is Welsh or who see themselves as being bilingual English-Welsh have only been engaged in significant numbers in the Anglesey and Powys projects. In other projects, Cardiff and Vale, Newport and Swansea, other languages are first languages of participants.



## Coaching qualifications gained: KPI 5

Training undertaken by the staff and volunteers has included ski instructor, archery and walking.

Altogether 10 instances of training were reported in this quarter, taken up by 10 individuals from Caerphilly and Torfaen and Rhondda Cynon Taff.

Over the 5 years of Mentro Allan 11 of the 14 projects recorded training attended by staff and volunteers/participants (Bridgend, Merthyr & Blaenau Gwent and Pembroke Dock did not provide any information). Overall 204 people attended training and took part in 288 training sessions or courses. Walking, cycling and first aid were the most common areas of training (Table 18). This represents a minimum estimate of the training undertaken as part of Mentro Allan.

**Table 18: Training provided by projects**

| Activity                 | No of projects providing training | Projects                                    | No of people attending courses | No of courses attended |
|--------------------------|-----------------------------------|---|--------------------------------|------------------------|
| Cycling                  | 6                                 | BAR, CAR, DYF, F&W, NEW, RCT                | 65                             | 105                    |
| Walking                  | 9                                 | BAR, C&T, C&V, CAR, DYF, F&W, NEW, RCT, YNY | 76                             | 83                     |
| First aid                | 5                                 | C&T, DYF, F&W, NEW, RCT                     | 38                             | 51                     |
| Mental health first aid  | 2                                 | DYF, F&W                                    | 15                             | 27                     |
| Sport leadership         | 3                                 | C&V, RCT, SWA                               | 16                             | 17                     |
| Canoeing                 | 2                                 | C&T, CAR                                    | 9                              | 15                     |
| Skiing                   | 1                                 | C&T   | 8                              | 13                     |
| Disabilities             | 4                                 | CAR, F&W, NEW, SWA                          | 7                              | 12                     |
| Climbing                 | 4                                 | C&T, CAR, F&W, RCT                          | 10                             | 11                     |
| Nordic walking           | 4                                 | BAR, CAR, F&W, RCT                          | 10                             | 11                     |
| Administration           | 2                                 | DYF, F&W                                    | 4                              | 10                     |
| Biodiversity             | 2                                 | CAR, NPT                                    | 4                              | 7                      |
| Orienteering             | 1                                 | F&W   | 2                              | 6                      |
| Water sports             | 1                                 | CAR   | 3                              | 5                      |
| Archery                  | 2                                 | C&T, RCT                                    | 3                              | 3                      |
| Diversity                | 1                                 | SWA   | 1                              | 2                      |
| Environmental            | 2                                 | NPT, RCT                                    | 2                              | 2                      |
| Gardening                | 1                                 | F&W   | 2                              | 2                      |
| Participative techniques | 2                                 | DYF, RCT                                    | 2                              | 2                      |
| Risk assessment          | 1                                 | NPT   | 2                              | 2                      |
| Community health         | 1                                 | RCT   | 1                              | 1                      |
| PGCE                     | 1                                 | F&W   | 1                              | 1                      |
| <b>Grand Total</b>       | <b>11</b>                         |   | <b>204</b>                     | <b>388</b>             |

The training was often only provided by one or two projects reflecting the diversity of activities being provided as part of Mentro Allan. The diversity of training provided by a project is shown in Table 19. 6 of the 11 projects reporting provided training in 4 or fewer of the 22 areas of training provided across Mentro Allan.

**Table 19: Areas of activity projects provided training in**

| <b>Project</b>       | <b>Count of course areas</b> | <b>Percent of all course areas</b> |
|----------------------|------------------------------|------------------------------------|
| Flintshire & Wrexham | 11                           | 50                                 |
| Rhondda Cynon Taff   | 10                           | 45                                 |
| Cardiff              | 8                            | 36                                 |
| Caerphilly & Torfaen | 6                            | 27                                 |
| Powys                | 6                            | 27                                 |
| Newport              | 4                            | 18                                 |
| Bargoed              | 3                            | 14                                 |
| Neath Port Talbot    | 3                            | 14                                 |
| Swansea              | 3                            | 14                                 |
| Cardiff & Vale       | 2                            | 9                                  |
| Anglesey             | 1                            | 5                                  |
| <b>Grand Total</b>   | <b>22</b>                    |                                    |

## Training providers

In July 2009 an audit of training providers was undertaken. The results are shown in Table 20.

**Table 20: Training providers used by projects**

| <b>Provider</b>   | <b>What they offer</b>   | <b>Contact details</b>   |
|---|--|--|
| British Heart Foundation  | Heart start First Aid  | <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>   |
| British Nordic Walking  | Nordic Waking Instructor<br>Nordic Walk leader   | <a href="mailto:Claire@britishnordicwalking.org.uk">Claire@britishnordicwalking.org.uk</a><br><a href="http://www.britishnordicwalking.org.uk">www.britishnordicwalking.org.uk</a> |
| British Trust for Conservation Volunteers                         | Green Gym<br>A variety of opportunities for training volunteers and volunteer managers | <a href="http://www.btcv.org.uk">www.btcv.org.uk</a>   |
| Cambrian independent Ambulance service                            | First Aid  | <a href="http://www.cambrianambulance.co.uk">www.cambrianambulance.co.uk</a>   |
| Cardiff Bay Water Activity Centre                                 | Bell Boat Helm<br>Canoeing 1* award  | <a href="http://www.cardiff.gov.uk">www.cardiff.gov.uk</a>   |
| Cardiff Harbour Authority   | Powerboat level 2  | <a href="http://www.cardiffharbour.com">www.cardiffharbour.com</a>   |
| Cardiff Innovate Trust<br>- Courses are held internally for staff | Child Protection<br>Autism Awareness<br>Problem Behaviour Management                   | <a href="http://www.innovate-trust.org.uk">www.innovate-trust.org.uk</a>   |
| Cardiff Institute for the Blind                                   | Visual Impairment – leaflets / information /   | <a href="http://www.cardiffinstitutefortheblind.org.uk">www.cardiffinstitutefortheblind.org.uk</a>   |

| <b>Provider</b>           | <b>What they offer</b>   | <b>Contact details</b>   |
|---------------------------|--|--|
| Cardiff Pedal Power       | advice / bespoke courses<br>Cycle courses for beginners on local trails<br>Safety awareness for carers   | <a href="http://www.cardiffpedalpower.org.uk">www.cardiffpedalpower.org.uk</a>   |
| Cardiff People First      | Learning Disability awareness – information / advice / bespoke training (includes specific groups working with young people and BME)   | <a href="http://www.cardiffpeoplefirst.org.uk">www.cardiffpeoplefirst.org.uk</a>   |
| Colleges / Universities   | CSLA<br>First Aid<br>Activity Leaders  | <a href="http://www.bangor.ac.uk">www.bangor.ac.uk</a><br><a href="http://www.uwic.ac.uk">www.uwic.ac.uk</a><br><a href="http://www.trinity-cm.ac.uk">www.trinity-cm.ac.uk</a><br><a href="http://www.swansea.ac.uk">www.swansea.ac.uk</a> |
| Communities First         | A variety of training opportunities provided nationally and locally  | <a href="http://www.communities-first.org.uk">www.communities-first.org.uk</a><br>this website contains a partners directory for local contacts  |
| Cycle Training Wales      | Bike safety and awareness<br>Off Road Leaders<br>National Standards<br>Instructor<br>OCN Bike maintenance<br>Level 2   | <a href="http://www.cycletrainingwales.org.uk">www.cycletrainingwales.org.uk</a>   |
| DART                      | Disability awareness – standard and bespoke courses  | <a href="http://www.dart.org.uk">www.dart.org.uk</a>   |
| Dynamix                   | Cultural training courses created to suit the audience based on the following themes for young people: Participation /Co-operation Inclusion / Play / Enterprise<br><i>Based in Swansea will travel to provide training</i>  | <a href="http://www.dynamix.ltd.uk">www.dynamix.ltd.uk</a>   |
| Governing bodies of sport | <ul style="list-style-type: none"> <li>• Angling - <a href="#">Federation of Welsh Anglers</a></li> <li>• Angling - <a href="#">Welsh Federation of Sea Anglers</a></li> <li>• Angling - <a href="#">Welsh Salmon &amp; Trout Angling Association</a></li> <li>• Archery - <a href="#">Welsh Archery Association</a></li> <li>• Athletics - <a href="#">Welsh Athletics</a></li> <li>• Canoeing - <a href="#">Canoe Wales</a> / <a href="http://www.bcu.org.uk">www.bcu.org.uk</a> / <a href="http://www.paddlesport.co.uk">www.paddlesport.co.uk</a></li> <li>• Caving - <a href="#">Cambrian Caving Council</a></li> <li>• Cycling - <a href="#">Welsh Cycling Union</a></li> <li>• Disability - <a href="#">Federation Disability Sport Wales</a></li> <li>• Equestrian (UK) - <a href="#">British Equestrian Federation</a></li> <li>• Orienteering - <a href="#">Welsh Orienteering Association</a></li> <li>• Rowing - <a href="#">Welsh Amateur Rowing Association</a></li> <li>• Sailing - <a href="#">Welsh Yachting Association</a></li> </ul> |  |

| <b>Provider</b>  | <b>What they offer</b>   | <b>Contact details</b>   |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>Welsh Sports Association - <a href="#">Welsh Sports Association</a></li> <li>Mountaineering - <a href="#">Mountain Leader Training Wales</a></li> </ul> |  |
| Lets Walk Cymru – Sports Wales                             | Health Walk leader<br>Nordic Walking leader<br>Sensory Awareness   | <a href="mailto:Shana.thomas@scw.org.uk">Shana.thomas@scw.org.uk</a><br>Let's Walk Cymru Officers  |
| Local Authority<br>- Courses are held internally for staff | Dragon Sport<br>Disability Sport<br>Risk Assessment<br>Child Protection<br>Working with Vulnerable Adults<br>CSLA<br>Equal Opportunities<br>Race Awareness                                     | <ul style="list-style-type: none"> <li><a href="#">Blaenau Gwent County Borough Council</a></li> <li><a href="#">Bridgend County Borough Council</a></li> <li><a href="#">Caerphilly County Borough Council</a></li> <li><a href="#">Cardiff City Council</a></li> <li><a href="#">Carmarthenshire County Council</a></li> <li><a href="#">Ceredigion County Council</a></li> <li><a href="#">City &amp; County of Swansea</a></li> <li><a href="#">Conwy County Borough Council</a></li> <li><a href="#">Denbighshire County Council</a></li> <li><a href="#">Flintshire County Council</a></li> <li><a href="#">Gwynedd Council</a></li> <li><a href="#">Isle of Anglesey County Council</a></li> <li><a href="#">Merthyr Tydfil County Borough Council</a></li> <li><a href="#">Monmouthshire County Council</a></li> <li><a href="#">Neath &amp; Port Talbot County Borough Council</a></li> <li><a href="#">Newport City Council</a></li> <li><a href="#">Pembrokeshire County Council</a></li> <li><a href="#">Powys County Council</a></li> <li><a href="#">Rhondda Cynon Taff County Borough Council</a></li> <li><a href="#">Torfaen County Borough Council</a></li> <li><a href="#">Vale of Glamorgan Council</a></li> <li><a href="#">Wrexham County Borough Council</a></li> </ul> |
| Local Voluntary Organisations                              | First aid<br>Mental health first aid<br>Safeguarding and Child protection<br>Variety of courses aimed at volunteers or managers of volunteers<br>Bespoke courses for all needs                 | <a href="http://www.gavowales.org.uk">www.gavowales.org.uk</a><br><a href="http://www.scvs.org.uk">www.scvs.org.uk</a><br><a href="http://www.bavo.org.uk">www.bavo.org.uk</a><br><a href="http://www.pavs.org.uk">www.pavs.org.uk</a>   |
| MIAS   | Mountain Bike Leader Level 1 - MIAS  | <a href="http://www.mountainbikeinstructor.com">www.mountainbikeinstructor.com</a>   |
| MIND   | Mental Health First Aid<br>Mental Health Awareness<br>National conferences<br>Bespoke courses  | <a href="http://www.mind.org.uk">www.mind.org.uk</a><br><i>includes contact details for local branches</i>   |
| Outdoor Education Centres                                  | Activity Leaders   | <a href="http://www.gwentoutdoorcentres.org.uk">www.gwentoutdoorcentres.org.uk</a><br><a href="http://www.activitywales.com">www.activitywales.com</a><br><a href="http://www.visitwales.co.uk">www.visitwales.co.uk</a>   |

| <b>Provider</b>                          | <b>What they offer</b>   | <b>Contact details</b>  |
|--|--|---|
| RMS                                      | Disability Equality  | <a href="http://www.rms-consultancy.co.uk">www.rms-consultancy.co.uk</a>  |
| Scottish Mountain Bike Leader Award      | Mountain bike leader training  | <a href="http://www.britishcycling.org.uk">www.britishcycling.org.uk</a><br>varied other providers of this course in Wales              |
| St John's Ambulance                      | First Aid courses for:<br>Workplace<br>General public<br>Young people  | <a href="http://www.sja.org.uk">www.sja.org.uk</a>  |
| Student Volunteering Cardiff             | Protection of vulnerable adults<br>Variety of support opportunities for student volunteers   | <a href="http://www.svcardiff.org.uk">www.svcardiff.org.uk</a>  |
| Wales Co-op Centre                       | A range of courses including: Managing Volunteers and Bespoke courses for all voluntary organisation needs   | <a href="http://www.walescoop.com">www.walescoop.com</a>  |
| Walking your Way to Health               | Volunteer Walk leader<br>Cascade trainers<br>Scheme initiators   | Let's Walk Cymru Officers<br><a href="http://www.ww2h.org.uk">www.ww2h.org.uk</a><br><a href="http://www.whi.org.uk">www.whi.org.uk</a> |
| WCVA<br>- Full training calendar on line | - Working with Volunteers – bespoke and standard courses<br>- Managing volunteers – information sheets and policies available for downloading<br>- Managing Participatory Action Projects – training course<br>- Funding – sustainability / preparing tenders training courses<br>- Independent safeguarding Authority<br>- Participation Cymru, solutions focussed techniques for participative research and evaluation | <a href="http://www.wcva.org.uk">www.wcva.org.uk</a>  |
| YMCA                                     | Variety of opportunities for training through national or local branches   | <a href="http://www.ymcawales.co.uk">www.ymcawales.co.uk</a><br><a href="http://www.newgaleymca.co.uk">www.newgaleymca.co.uk</a>        |

## **Additional Funding levered in**

This KPI can be gathered from the local project annual monitoring reports delivered to BLF.

## Physical activity Level: KPIs 11 and 12

When participants join Mentro Allan activities they are asked to provide their current physical activity level, using the PAL form<sup>2</sup>. From these initial or 'baseline' PAL forms, the headline activity KPIs have been calculated (Table 21).

**Table 21: Physical activity Level: KPIs 11 and 12, initial results**

| KPI | Activity Level   | Number | Percent |
|-----|--|--------|---------|
| 11  | Adults doing 5 or more days 30 min plus moderate/vigorous activity       | 538    | 11.8    |
| 12  | Young people doing 5 or more days 60 min plus moderate/vigorous activity | 37     | 6.4     |

This data is from 4,533 (4,429) adults and 589 (562) young people. The age of 155 (200 and 347 in the last two quarters) participants who filled in a PAL form is not known. Overall, there were 9,050 (8,847) registered participants. Thus 58% of participants had filled in a first PAL form.

Four projects appear to collect the first PAL form routinely; with over 70 percent of registered participants having filled in a form (Table 22). However, there are several projects where these forms have not been collected effectively.

14 second PAL forms were collected this quarter, bringing the total to 1,913, and 60 third PAL forms bring the total to 688 (Table 19). There are also 321 (297, 166) PAL 4, 176 (159, 101) PAL 5 and 93 (91, 62) PAL 6 forms recorded. A number of projects report difficulties in obtaining these PAL forms from participants as the worker is not attending the activities the participant is engaged in, or participants take 'extended breaks' from activities.

The low percentage of participants achieving the threshold activity level (Table 21) indicates that the projects are targeting less active people. Fewer Mentro Allan participants achieve the threshold of 5 days with 30 or 60 minutes of physical activity than the general population of Wales (Figure 1). This shows that the projects are, in general, targeting less active people effectively.

Considering participants with lower initial physical activity levels, it can be seen that 60 per cent of the adults and young people are not doing any moderate physical activity for 30 minutes in a day, and do light physical activity for 30 minutes in a day, fewer than 5 days in a week. These are shown in Table 20 and Figure 2.

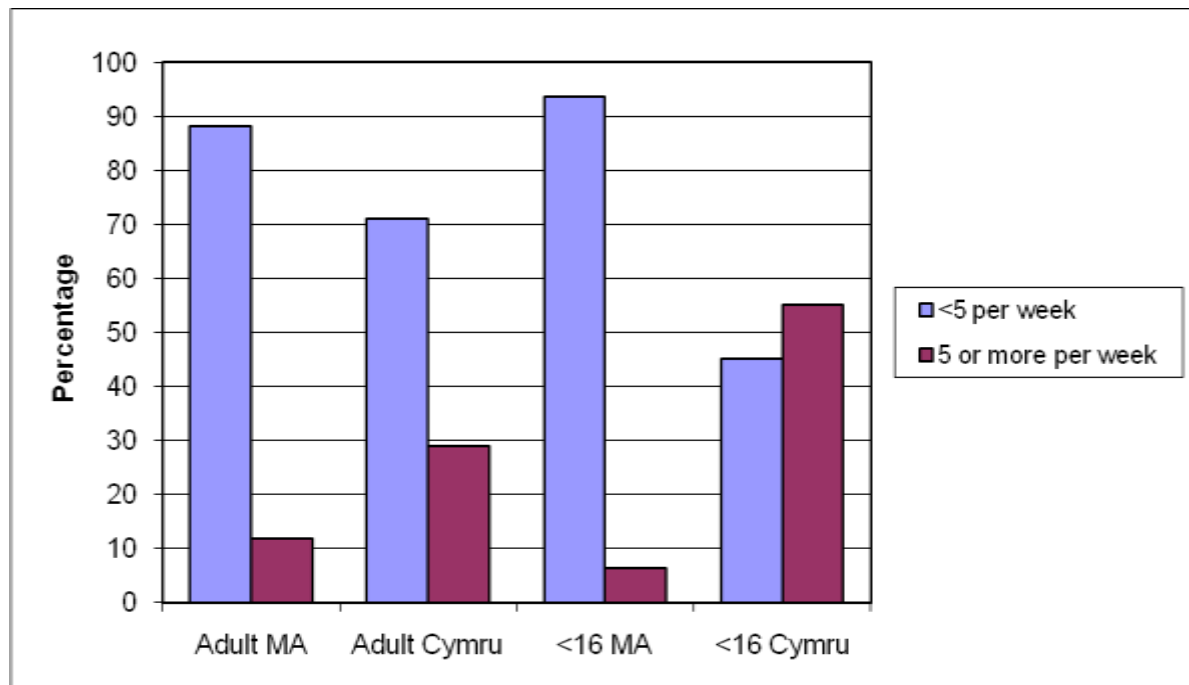
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<sup>2</sup> The majority of PAL forms are self completed with explanatory input from the staff member present. Therefore they probably indicate the perceived level of activity rather than the actual level of activity of the participants.

**Table 22: Physical activity Level forms returned, by project**

| <b>Project</b>          | <b>Adult</b> |              |              | <b>Young People</b> |              |              | <b>Age Missing</b> |              |              | <b>Total</b> |              |              | <b>Percent of registered participants</b> |
|-------------------------|--------------|--------------|--------------|---------------------|--------------|--------------|--------------------|--------------|--------------|--------------|--------------|--------------|---|
|                         | <b>PAL 1</b> | <b>PAL 2</b> | <b>PAL 3</b> | <b>PAL 1</b>        | <b>PAL 2</b> | <b>PAL 3</b> | <b>PAL 1</b>       | <b>PAL 2</b> | <b>PAL 3</b> | <b>PAL 1</b> | <b>PAL 2</b> | <b>PAL 3</b> | <b>PAL 1</b>                              |
| Anglesey                | 419          | 64           | 13           | 7                   | 7            | 0            | 4                  | 10           | 0            | 430          | 81           | 13           | 90  |
| Bargoed                 | 310          | 163          | 109          | 19                  | 4            | 4            | 7                  | 4            | 4            | 336          | 171          | 117          | 51  |
| Bridgend                | 159          | 59           | 34           | 1                   | 0            | 0            | 31                 | 0            | 0            | 191          | 59           | 34           | 61  |
| Caerphilly & Torfaen    | 255          | 83           | 42           | 26                  | 11           | 1            | 3                  | 2            | 0            | 284          | 96           | 43           | 71  |
| Cardiff                 | 939          | 273          | 53           | 293                 | 96           | 11           | 0                  | 0            | 0            | 1,232        | 369          | 64           | 100                                       |
| Cardiff & Vale          | 142          | 80           | 42           | 1                   | 1            | 0            | 2                  | 1            | 0            | 145          | 82           | 42           | 43  |
| Powys                   | 259          | 1            | 42           | 59                  | 0            | 6            | 9                  | 0            | 0            | 327          | 1            | 48           | 46  |
| Flintshire & Wrexham    | 800          | 105          | 178          | 54                  | 13           | 7            | 7                  | 3            | 0            | 861          | 121          | 185          | 67  |
| Merthyr & Blaenau Gwent | 456          | 335          | 26           | 0                   | 13           | 0            | 33                 | 0            | 0            | 489          | 348          | 26           | 89  |
| Neath Port Talbot       | 36           | 53           | 2            | 17                  | 7            | 0            | 0                  | 0            | 0            | 53           | 60           | 2            | 12  |
| Newport                 | 115          | 362          | 26           | 9                   | 0            | 1            | 2                  | 17           | 0            | 126          | 379          | 27           | 12  |
| Pembroke Dock           | 120          | 7            | 27           | 63                  | 2            | 13           | 0                  | 0            | 0            | 183          | 9            | 40           | 49  |
| Rhondda Cynon Taf       | 261          | 57           | 19           | 4                   | 32           | 0            | 19                 | 0            | 0            | 284          | 89           | 19           | 43  |
| Swansea                 | 262          | 47           | 24           | 36                  | 0            | 0            | 38                 | 1            | 2            | 336          | 48           | 26           | 61  |
| <b>Grand Total</b>      | <b>4,533</b> | <b>1,689</b> | <b>637</b>   | <b>589</b>          | <b>186</b>   | <b>43</b>    | <b>155</b>         | <b>38</b>    | <b>6</b>     | <b>5,277</b> | <b>1,913</b> | <b>686</b>   | <b>58</b>                                 |

**Figure1: Percentage of participants undertaking at least 30 min (adult) or 60 min (young people) of moderate or vigorous physical activity at least 5 days per week for Mentro Allan and the Welsh population<sup>3</sup>**



**Table 23: Physical activity levels: Adults and young people<sup>4</sup>**

| Activity Level <sup>5</sup>                           | Adult        |    | Young People |    |
|---|--------------|----|--------------|----|
|   | No           | %  | No           | %  |
| Less than 5 days 30 min plus light activity           | 2,476        | 55 | 361          | 61 |
| 5 or more days 30 min plus light activity             | 1519         | 34 | 149          | 25 |
| 5 or more days 30 min plus moderate/vigorous activity | 321          | 7  | 42           | 7  |
| 5 or more days 60 min plus moderate/vigorous activity | 217          | 5  | 37           | 6  |
| <b>Total</b>  | <b>4,533</b> |    | <b>589</b>   |    |

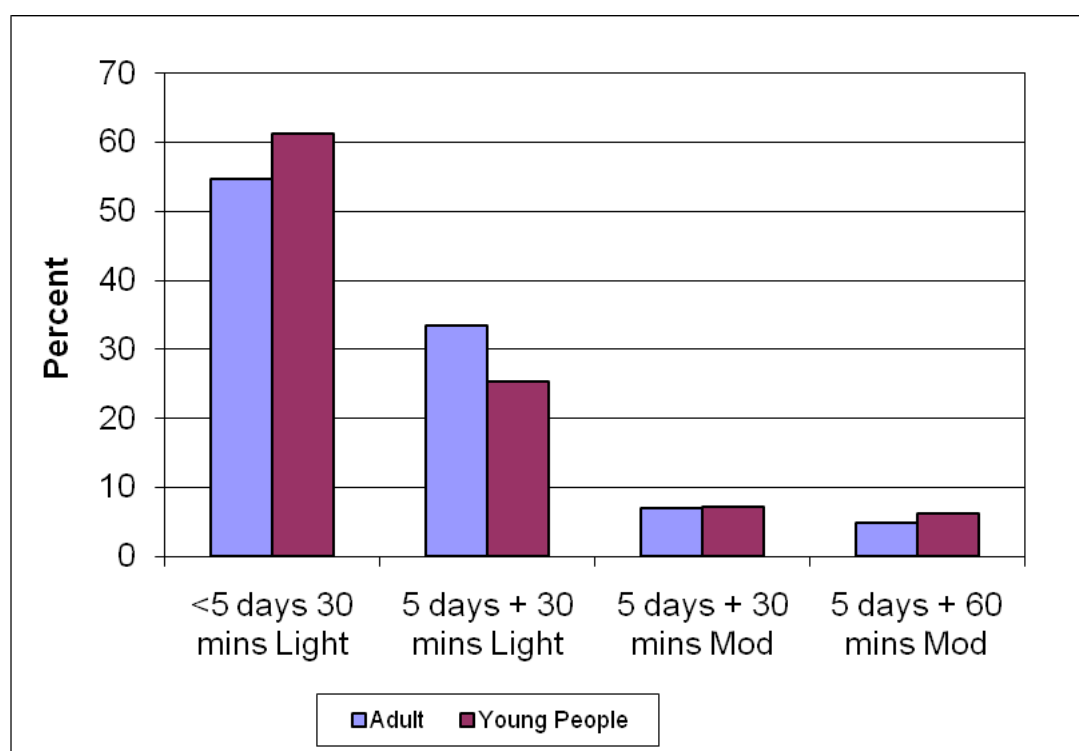
<sup>3</sup> Source: Welsh Health Survey 2007

<sup>4</sup> Adults are 16 or over. Young people means under 16.

<sup>5</sup> The activity levels are taken from the framework used in the Welsh health survey. To convert to the KPIs, the young persons responses for number of days with 60 minutes or more physical activity is used and the adults responses for 30 or more minutes (ie 30-59 minutes) and 60 or more minutes are summed.



**Figure 2: Initial physical activity levels: Adults and young people**



The physical activity level of each registered participant should be checked again approximately every 6 months. 1,913 participants have filled in a second form (Table 22). These give the following number of people reaching the threshold amount of physical activity (Table 24).

**Table 24: Physical activity Level: KPIs 11 and 12, after 6 months**

| KPI | Activity Level after 6 months  | Number | Percent |
|-----|--|--------|---------|
| 11  | Adults doing 5 or more days 30 min plus moderate/vigorous activity       | 187    | 10.6    |
| 12  | Young people doing 5 or more days 60 min plus moderate/vigorous activity | 12     | 6.4     |

These activity levels need to be compared with the activity levels from PAL 1 for the participants which have filled in a PAL 2. This has been done for adults and young people below. It can be seen that 32 (32) and 25 (38) percent of adults and young people increased their levels of physical activity over the six months of their involvement with Mentro Allan (Tables 25 and 26). The percentage change in young people has been affected by young people turning 16, who are then analysed as adults.

**Table 25: Adults: number of days with 30 minutes or more of moderate or vigorous physical activity**

| <b>Initial number of days 30min or more</b> | <b>Decrease</b> | <b>Same</b> | <b>Increase</b> | <b>Total</b> |
|---|-----------------|-------------|-----------------|--------------|
| 0   | 0               | 642         | 290             | <b>932</b>   |
| 1   | 43              | 35          | 83              | <b>161</b>   |
| 2   | 45              | 20          | 71              | <b>136</b>   |
| 3   | 38              | 18          | 60              | <b>116</b>   |
| 4   | 28              | 8           | 36              | <b>72</b>    |
| 5   | 46              | 8           | 31              | <b>85</b>    |
| 6   | 18              | 2           | 13              | <b>33</b>    |
| 7   | 140             | 70          | 0               | <b>210</b>   |
| <b>Total</b>                                | <b>358</b>      | <b>803</b>  | <b>584</b>      | <b>1,745</b> |
| <b>Percent</b>                              | <b>21</b>       | <b>46</b>   | <b>33</b>       |              |

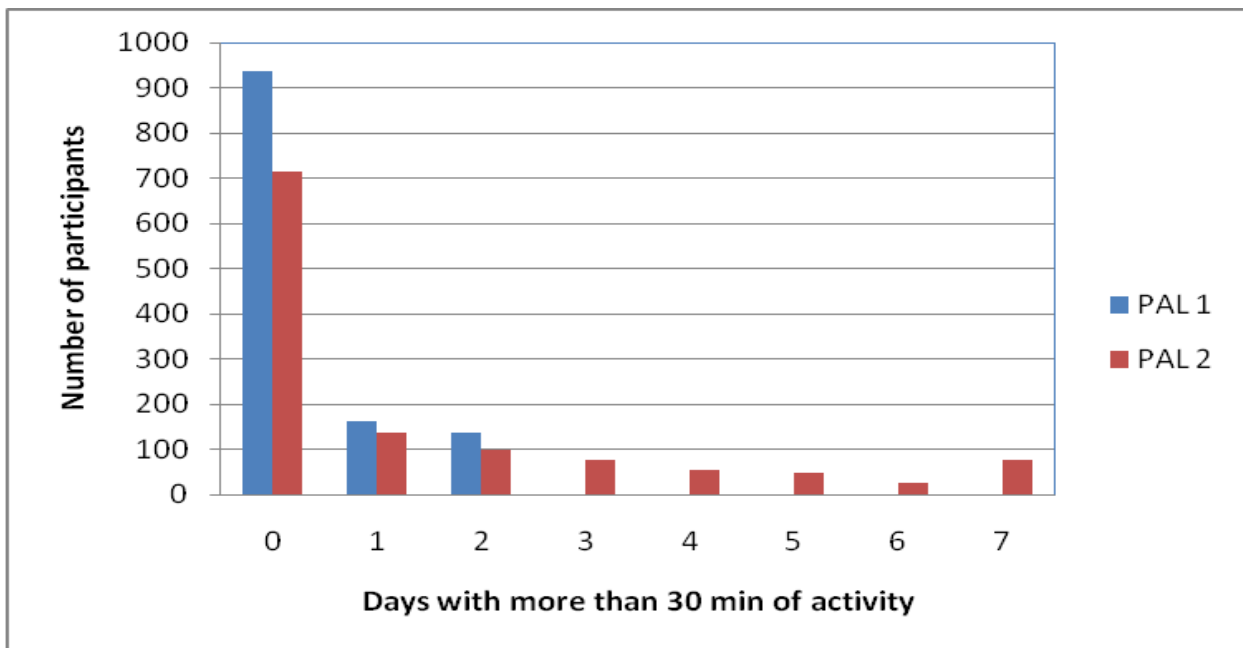
**Table 26: Young people: number of days with 60 minutes or more of moderate or vigorous physical activity**

| <b>Initial number of days 30min or more</b> | <b>Decrease</b> | <b>Same</b> | <b>Increase</b> | <b>Total</b> |
|---|-----------------|-------------|-----------------|--------------|
| 0   | 0               | 87          | 24              | <b>111</b>   |
| 1   | 10              | 3           | 9               | <b>22</b>    |
| 2   | 5               | 4           | 8               | <b>17</b>    |
| 3   | 5               | 5           | 2               | <b>12</b>    |
| 4   | 2               | 0           | 2               | <b>4</b>     |
| 5   | 3               | 1           | 1               | <b>5</b>     |
| 6   | 2               | 1           | 0               | <b>3</b>     |
| 7   | 3               | 3           | 0               | <b>6</b>     |
| <b>Total</b>                                | <b>30</b>       | <b>104</b>  | <b>46</b>       | <b>180</b>   |
| <b>Percent</b>                              | <b>17</b>       | <b>58</b>   | <b>26</b>       |              |

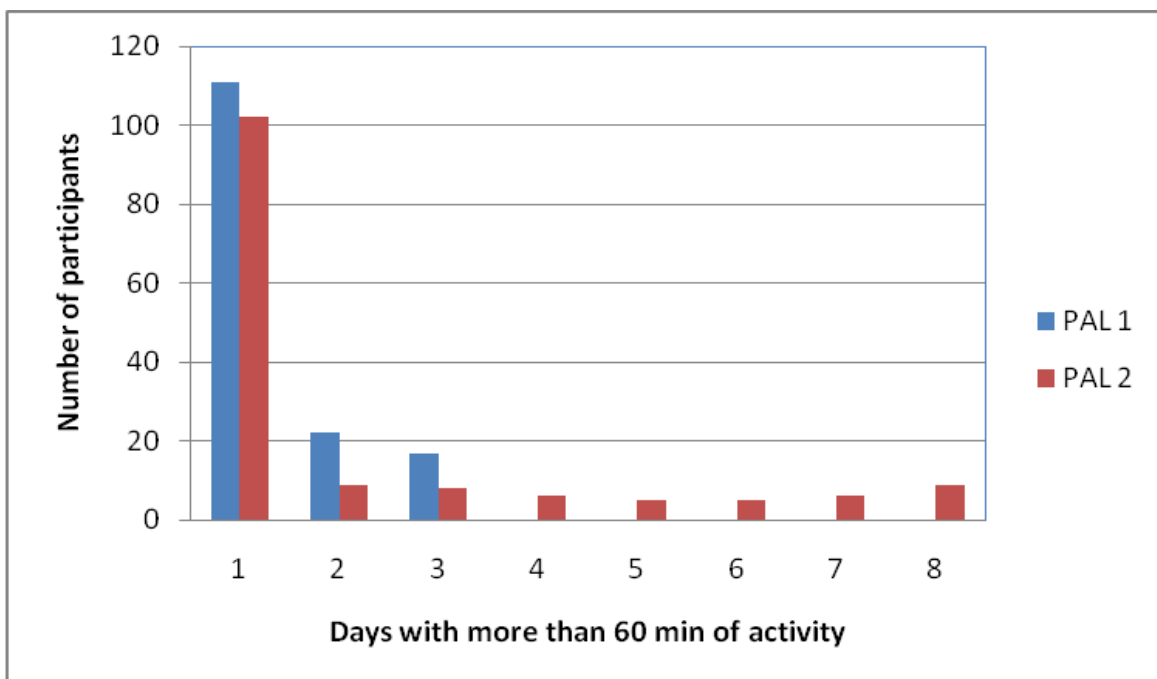
Further analysis of the adult and young person data shows that the increase is mostly due to people with relatively low levels of exercise (0-2 days with 30 or 60 minutes of physical activity) increasing their activity (Tables 25 and 26). The number of days with 30 or more minutes of physical activity of adults who began with two or fewer days with 30 minutes of exercise is shown in Figure 3.

For adults, the average number of days with exercise has risen in adults, from 1.9 to 2.1 and is significant (ie it is unlikely to have happened by chance). For less active people (less than 3 days of 30 min moderate physical activity at PAL 1), the average has increased from 0.4 to 1.4 and is significant. For young people (Figure 4), the average for all young people rose from 1.4 to 1.5 days of at least 60 minutes of moderate physical activity, but this was not significantly different (ie it could have happened by chance). The change of those with less than 3 days of more than 60 minutes of physical activity is from 0.4 to 1.2 days and is significant.

**Figure 3: Changes in exercise rates for less active adult participants**

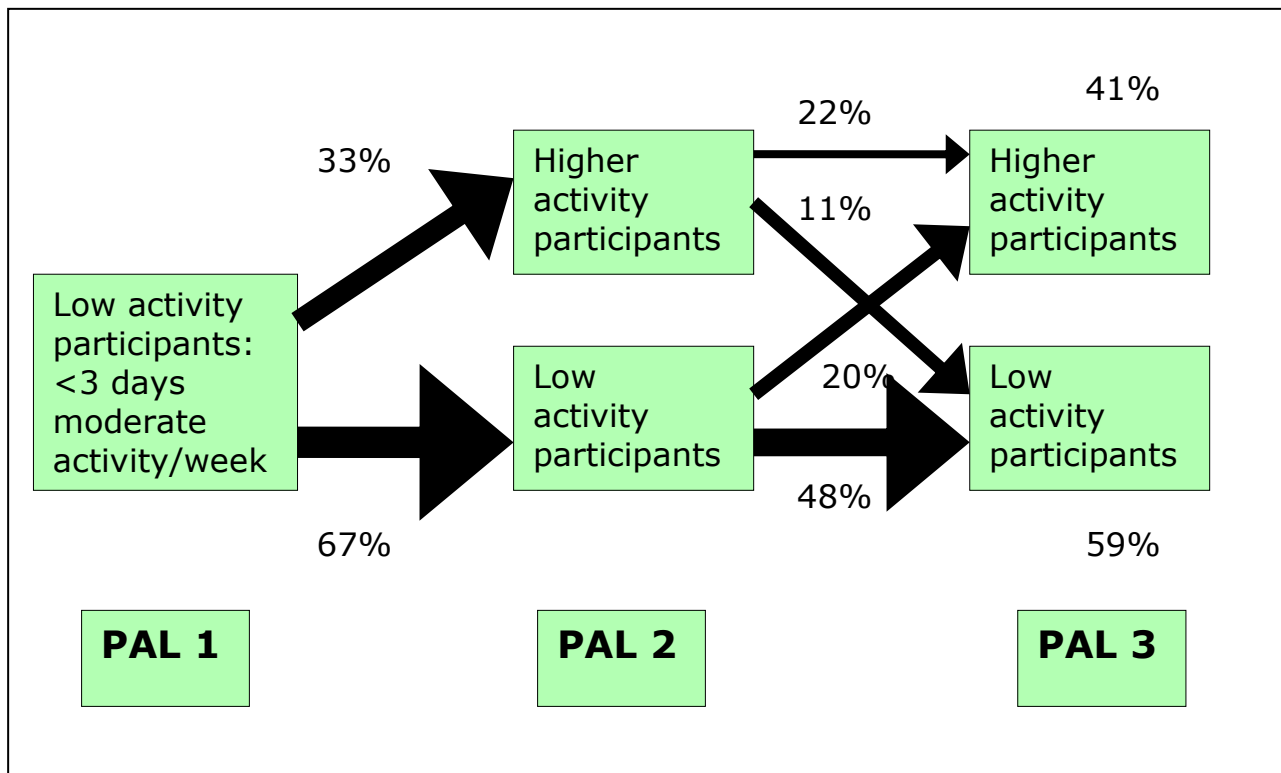


**Figure 4: Changes in exercise rates for less active young people participants**



For the adult participants, there are sufficient PAL 3 responses to extend the analysis. This shows that of 403 adults who reported 2 or fewer days per week with 30 minutes of moderate activity and had completed 3 PAL forms, 33 per cent increased their activity at PAL 2. When PAL 3 was filled in, 22 per cent of these participants still had an increased level of physical activity. In addition, 20 per cent of those who had less than 3 days of moderate physical activity at

PAL 2 had increased physical activity by PAL 3. Together, 41 per cent of the participants had increased physical activity at PAL 3. This is shown diagrammatically below:

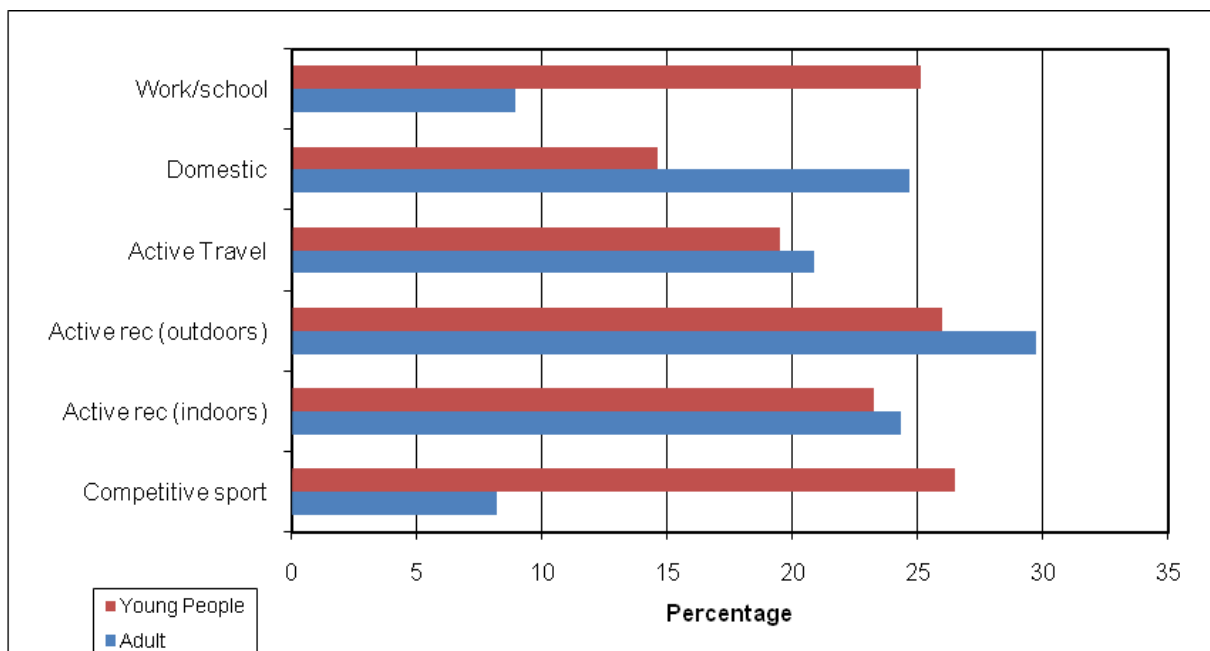


From the initial physical activity data, the relative use of a range of contexts for physical activity is shown in Table 27 and Figure 5. It can be seen that young people are more likely to be active than adults in work/school or competitive sport, whilst adults are more active than young people at home.

**Table 27: Number of participants undertaking at least 30 min (adult) or 60 min (young people) of moderate or vigorous physical activity in the following environments at least once in an average week, PAL 1**

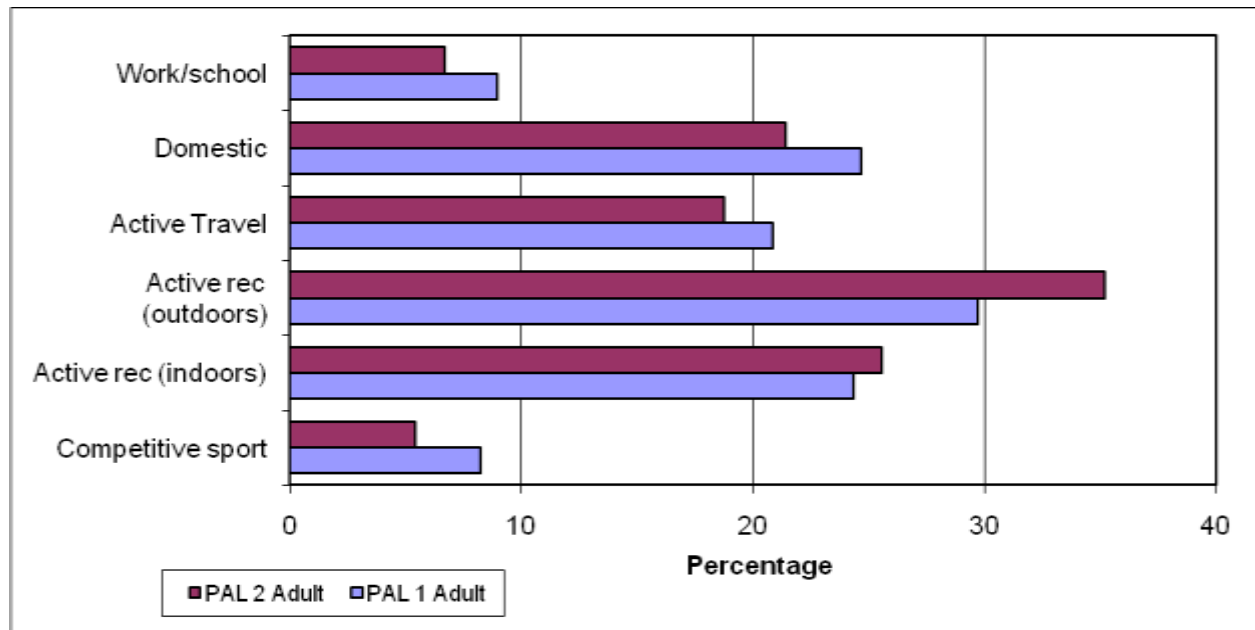
|                       | No of people undertaking activity |       |              |              |
|-----------------------|-----------------------------------|-------|--------------|--------------|
|                       | Adult                             | Adult | Young people | Young people |
|                       | No                                | %     | No           | %            |
| Competitive sport     | 372                               | 8.2   | 156          | 26.5         |
| Active rec (indoors)  | 1,103                             | 24.3  | 137          | 23.3         |
| Active rec (outdoors) | 1,347                             | 29.7  | 153          | 26.0         |
| Active Travel         | 946                               | 20.9  | 115          | 19.5         |
| Domestic              | 1,118                             | 24.7  | 86           | 14.6         |
| Work/school           | 405                               | 8.9   | 148          | 25.1         |
| <b>Total</b>          | <b>5,291</b>                      |       | <b>795</b>   |              |

**Figure 5: Percentage of participants undertaking at least 30 min (adult) or 60 min (young people) of physical activity in the following environments at least once in an average week, PAL 1.**

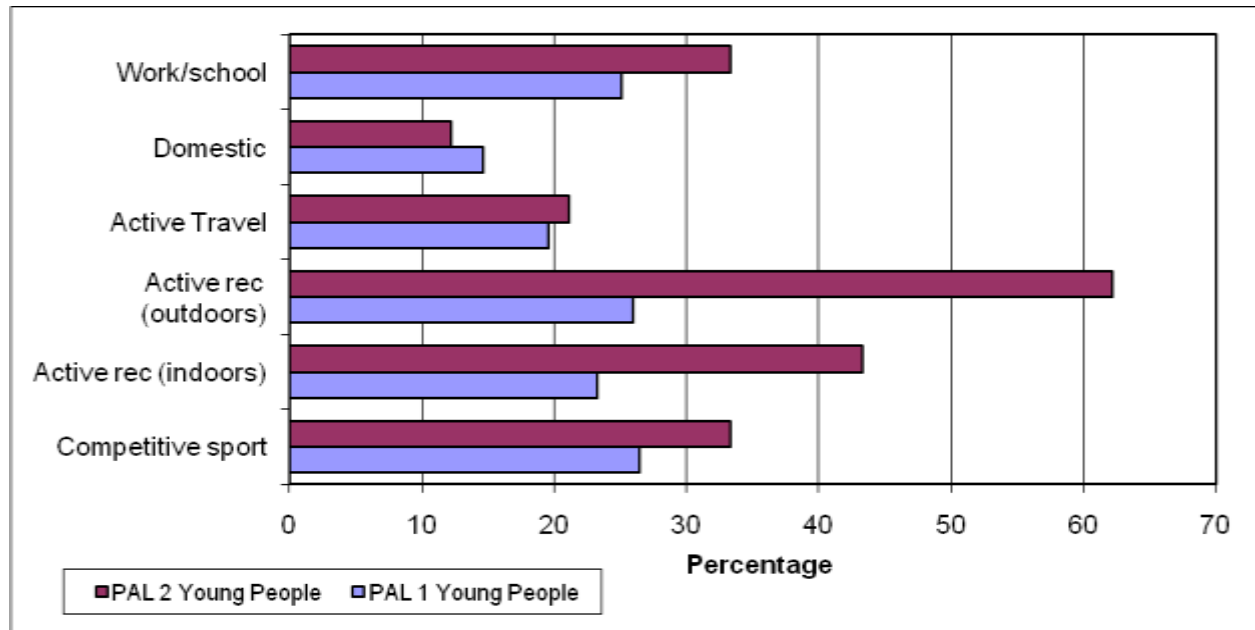


The number of adults undertaking moderate physical activity as active recreation increased between the first and second PAL forms (Figure 6). The same change was seen in young people, with the addition of increases in competitive sport, work/school and active recreation indoors (Figure 7).

**Figure 6: Percentage of adult participants undertaking at least 30 min of physical activity in the following environments at least once in an average week, comparison of PAL 1 and PAL 2.**



**Figure 7: Percentage of young people participants undertaking at least 60 min of physical activity in the following environments at least once in an average week, comparison of PAL 1 and PAL 2.**



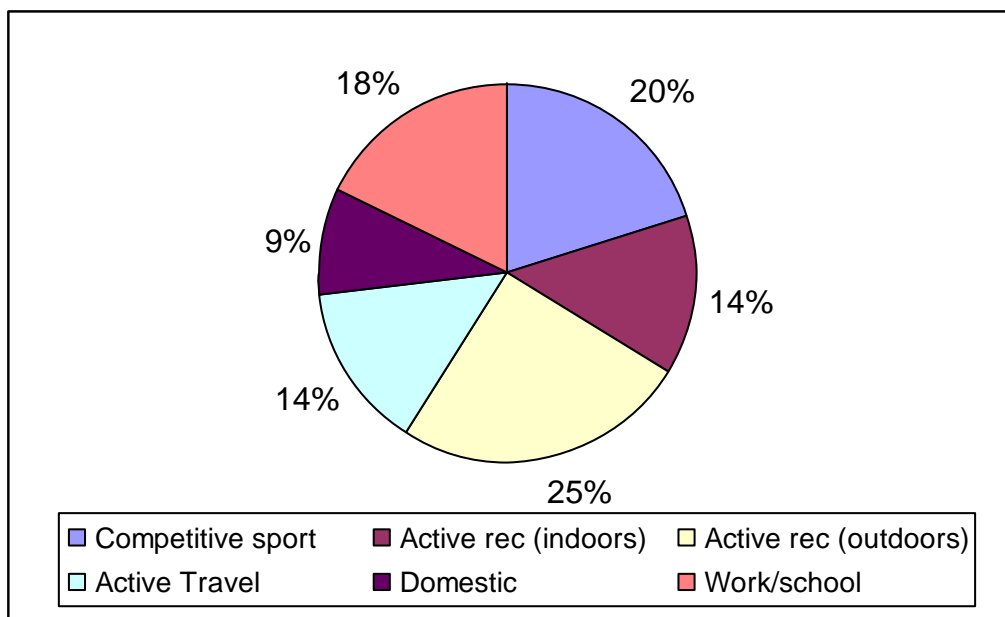
If the total number of hours spent in different environment is analysed, then as a group, the young people are fairly balanced in their activity, except for domestic activity. The adults show a lower relative amount of activity in

competitive sport, or as a part of the work/school category (Figures 8 and 9, All PAL 1).

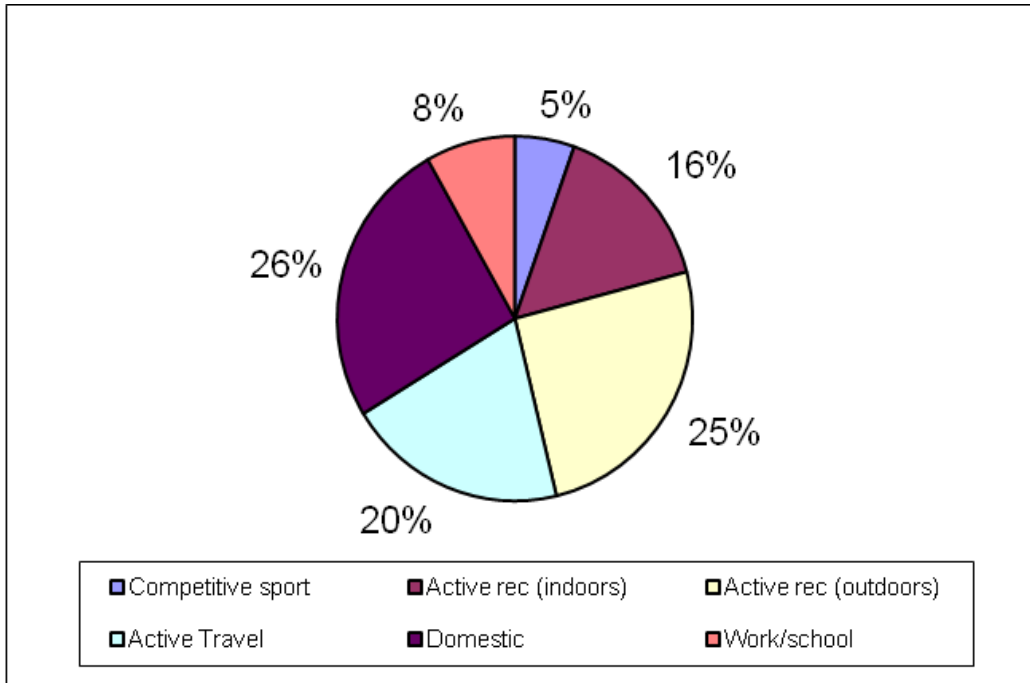
The balance of activity changes with engagement with Mentro Allan, with more physical activity being undertaken in the outdoors in PAL 2 records than PAL 1 records (from 21 per cent to 29 per cent for young people and from 25 per cent to 30 per cent in adults). This difference is seen even when the PAL 1 records of those participants who have filled in a PAL 2 form are compared (20 per cent to 29 per cent for young people and 26 per cent to 32 per cent in adults). These percentages change slightly when participants who have filled in both PAL 1 and PAL 2 forms are considered (compare PAL 2 chart with PAL1 with PAL 2 chart)

**Figure 8: Distribution of the total number of 60 min periods of physical activity of young people participating, between different environments, comparison of all PAL 1, all PAL 2 and PAL 1 with PAL 2**

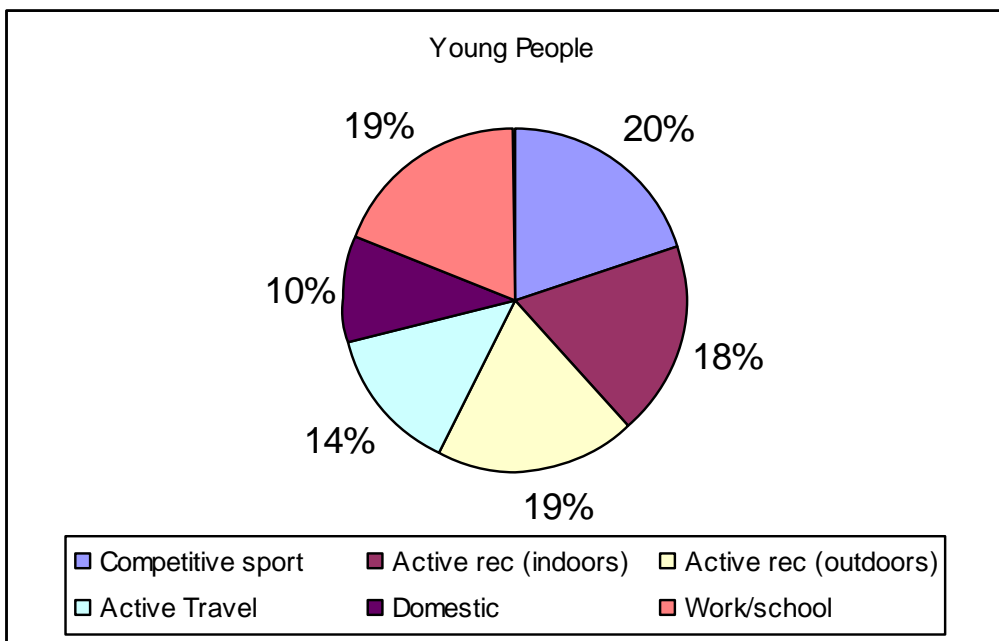
**All PAL 2**



## All PAL 1



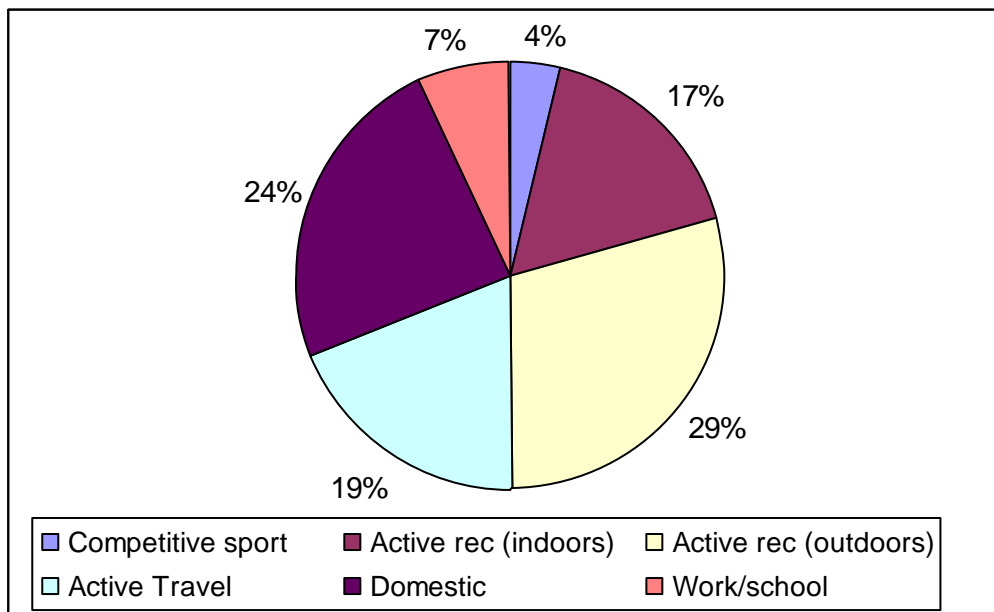
## PAL 1 with PAL 2



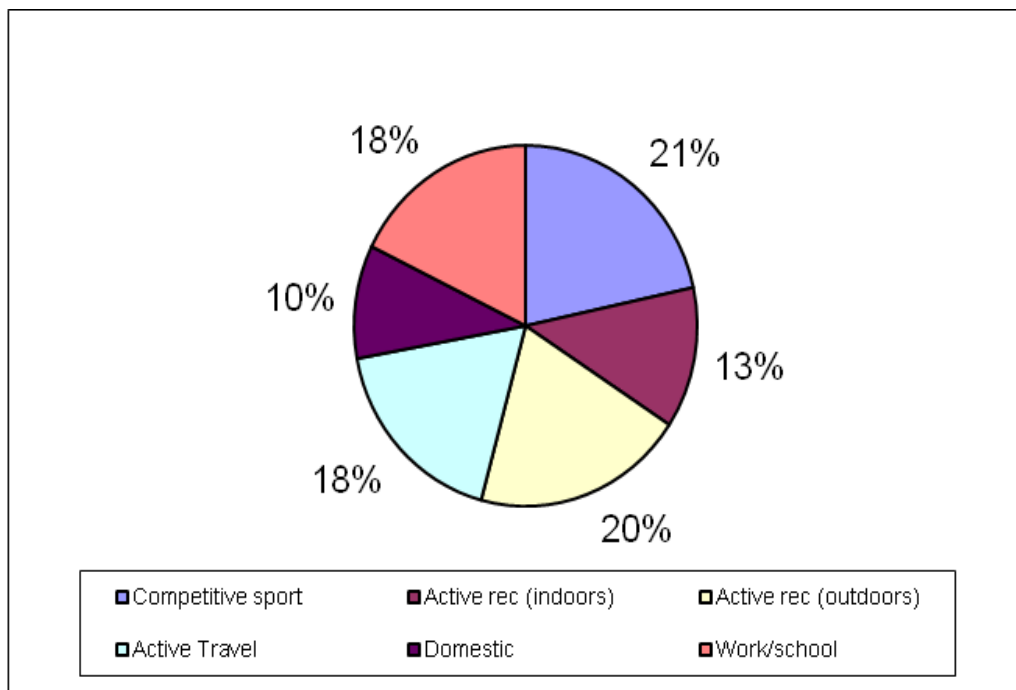


**Figure 9: Distribution of the total number of 30 min periods of physical activity of adult participants between different environments, comparison of all PAL 1, all PAL 2 and PAL 1 with PAL 2**

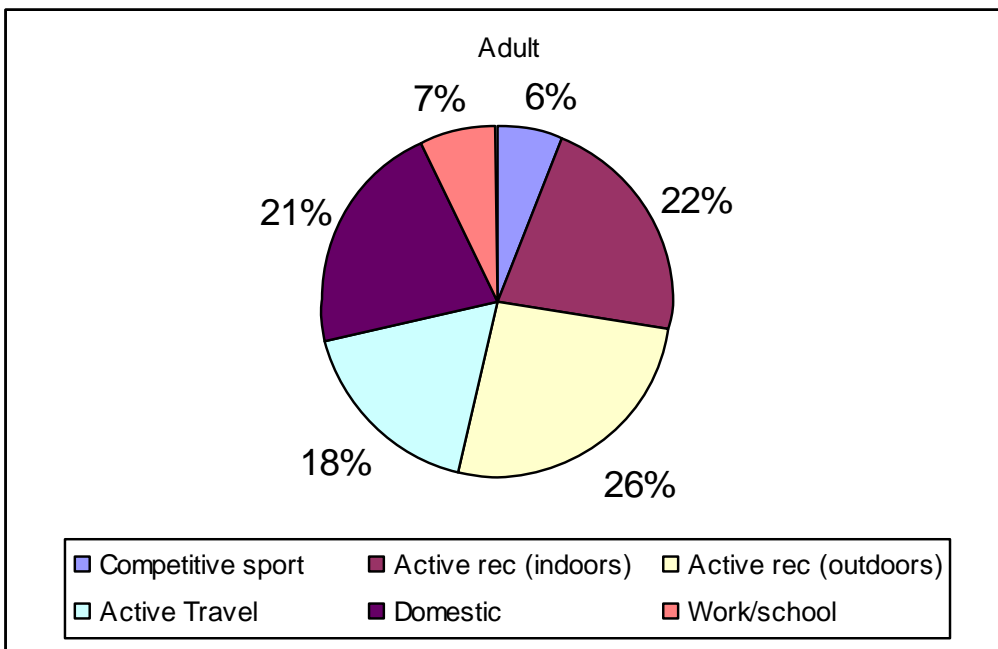
**All PAL 2**



**All PAL 1**



## PAL 1 with PAL 2

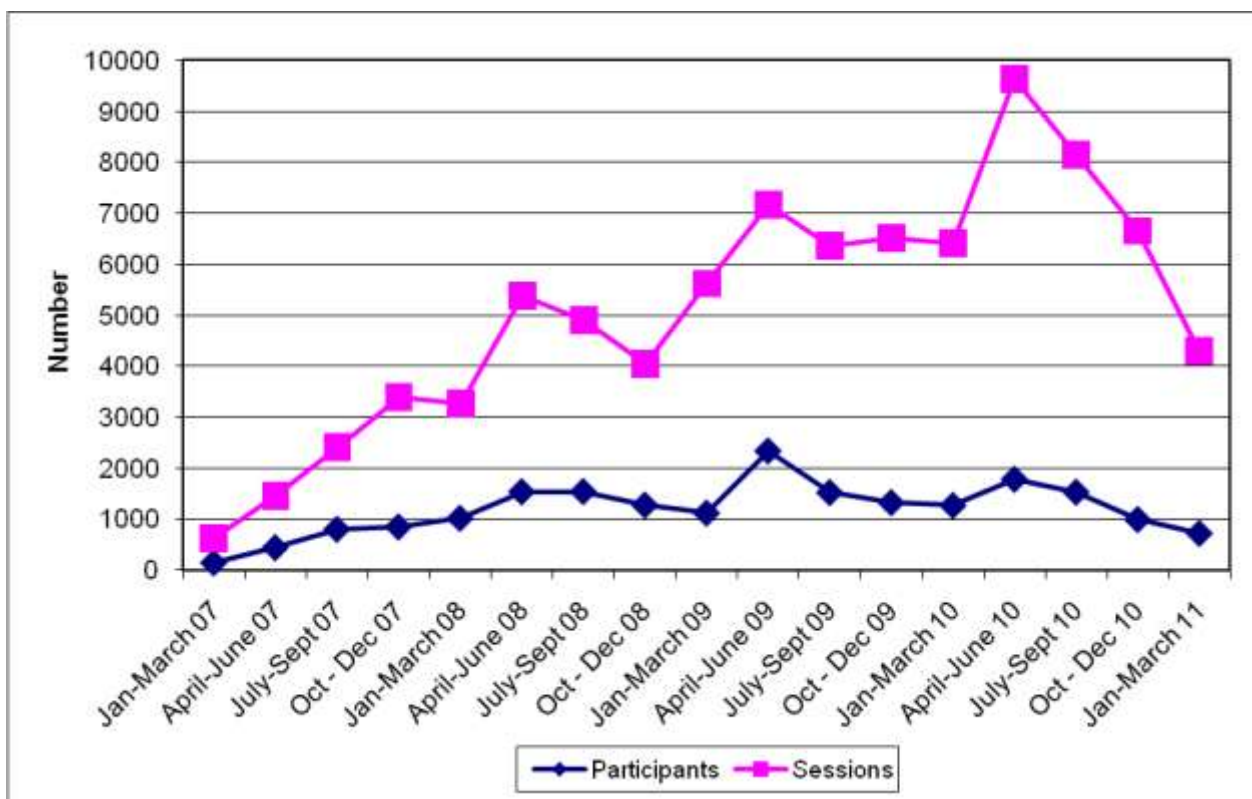


### 1.3 Other information

The number of active participants and the total number of session attendances is shown in Table 28. Overall attendances peaked in the summer months of 2008 at around 5,400 per quarter; they have increased to around 7,000 in the summer of 2009 and 9,600 in summer 2010. Each year the decrease in the autumn has been less than the previous year. However, the natural decline in numbers as projects closed is seen from September 2010 (Figure 10).

The range of activities provided is shown in Table 29. This demonstrates the wide range of activities, including taster activities to introduce people to physical activity and/or activity in the outdoors.

**Figure 10: Number of active participants and number of participant sessions for all projects**



**Table 28 Active participants and attendances 2007-2010**

| Project                 | Jan-March 07   |                             | April-June 07  |                             | July-Sept 07   |                             | Oct - Dec 07   |                             | Total Participant occasions in 2007 |
|-------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|-------------------------------------|
|                         | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions |                                     |
| Anglesey                |                |                             |                |                             | 42             | 64                          | 71             | 192                         | 256                                 |
| Rhyl                    |                |                             | 378            | 1,241                       | 324            | 4,179                       | 25             | 63                          | 5,483                               |
| Flintshire & Wrexham    |                |                             | 38             | 111                         | 30             | 30                          | 146            | 709                         | 850                                 |
| Powys                   | 22             | 28                          | 57             | 145                         | 103            | 193                         | 65             | 111                         | 477                                 |
| Pembroke Dock           | 53             | 176                         | 67             | 319                         | 71             | 378                         | 57             | 314                         | 1,187                               |
| Swansea                 | 70             | 417                         | 130            | 605                         | 76             | 576                         | 61             | 232                         | 1,830                               |
| Bridgend                |                |                             | 23             | 58                          | 32             | 46                          | 42             | 113                         | 217                                 |
| Cardiff                 |                |                             | 59             | 140                         | 141            | 360                         | 106            | 360                         | 860                                 |
| Cardiff & Vale          |                |                             | 60             | 60                          | 141            | 360                         | 59             | 201                         | 621                                 |
| Bargoed                 |                |                             |                |                             | 96             | 248                         | 163            | 1,016                       | 1,264                               |
| Newport                 |                |                             | 7              | 14                          | 70             | 150                         | 78             | 135                         | 299                                 |
| Merthyr & Blaenau Gwent |                |                             |                |                             |                |                             |                |                             |                                     |
| Neath Port Talbot       |                |                             |                |                             |                |                             |                |                             |                                     |
| Caerphilly & Torfaen    |                |                             |                |                             |                |                             |                |                             |                                     |
| Rhondda Cynon Taff      |                |                             |                |                             |                |                             |                |                             |                                     |
| <b>Total</b>            | <b>145</b>     | <b>621</b>                  | <b>819</b>     | <b>2,693</b>                | <b>1,126</b>   | <b>6,584</b>                | <b>873</b>     | <b>3,446</b>                | <b>13,344</b>                       |

| Project                 | Jan-March 08   |                             | April-June 08  |                             | July-Sept 08   |                             | Oct - Dec 08   |                             | Total Participant occasions in 2008 |
|-------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|-------------------------------------|
|                         | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions |                                     |
| Anglesey                | 14             | 40                          | 15             | 46                          | 40             | 70                          | 18             | 36                          | 192                                 |
| Flintshire & Wrexham    | 115            | 487                         | 184            | 628                         | 286            | 894                         | 305            | 1,088                       | 3,097                               |
| Powys                   | 108            | 233                         | 155            | 847                         | 136            | 406                         | 102            | 241                         | 1,727                               |
| Pembroke Dock           | 36             | 159                         | 53             | 247                         | 51             | 197                         | 34             | 120                         | 723                                 |
| Swansea                 | 104            | 530                         | 118            | 723                         | 106            | 443                         | 93             | 399                         | 2,095                               |
| Bridgend                | 47             | 210                         | 52             | 223                         | 68             | 340                         | 66             | 263                         | 1,036                               |
| Cardiff                 | 34             | 147                         | 80             | 417                         | 97             | 413                         | 53             | 386                         | 1,363                               |
| Cardiff & Vale          | 12             | 39                          | 236            | 355                         | 128            | 202                         | 15             | 47                          | 643                                 |
| Bargoed                 | 222            | 816                         | 192            | 896                         | 167            | 695                         | 117            | 700                         | 3,107                               |
| Newport                 | 116            | 155                         | 224            | 475                         | 185            | 424                         | 118            | 185                         | 1,239                               |
| Merthyr & Blaenau Gwent | 152            | 294                         | 186            | 376                         | 230            | 633                         | 243            | 423                         | 1,726                               |
| Neath Port Talbot       | 57             | 146                         | 10             | 23                          | 19             | 86                          | 14             | 33                          | 288                                 |
| Caerphilly & Torfaen    | 0              | 0                           | 34             | 121                         | 28             | 103                         | 26             | 110                         | 334                                 |
| Rhondda Cynon Taff      | 97             | ns                          | 89             | ns                          | 60             | ns                          | 19             | 42                          | 42                                  |
| <b>Total</b>            | <b>1,017</b>   | <b>3,256</b>                | <b>1,539</b>   | <b>5,377</b>                | <b>1,541</b>   | <b>4,906</b>                | <b>1,275</b>   | <b>4,055</b>                | <b>17,612</b>                       |

ns: data not supplied

| Project                 | Jan-March 09   |                             | April-June 09  |                             | July-Sept 09   |                             | Oct - Dec 09   |                             | Total Participant occasions in 2009 |
|-------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|-------------------------------------|
|                         | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions |                                     |
| Anglesey                | 88             | 438                         | 164            | 471                         | 66             | 191                         | 56             | 183                         | 460                                 |
| Flintshire & Wrexham    | 227            | 1,409                       | 274            | 1,183                       | 285            | 1,287                       | 253            | 1491                        | 3,893                               |
| Powys                   | 61             | 254                         | 177            | 660                         | 93             | 416                         | 94             | 392                         | 1,888                               |
| Pembroke Dock           | 73             | 320                         | 104            | 270                         | 62             | 252                         | 66             | 240                         | 898                                 |
| Swansea                 | 60             | 466                         | 42             | 242                         | 68             | 437                         | 79             | 468                         | 2,158                               |
| Bridgend                | 54             | 323                         | 127            | 381                         | 59             | 385                         | 86             | 624                         | 1,442                               |
| Cardiff                 | 50             | 386                         | 142            | 675                         | 67             | 670                         | 76             | 465                         | 1,699                               |
| Cardiff & Vale          | 98             | 315                         | 345            | 856                         | 175            | 264                         | 132            | 451                         | 1,109                               |
| Bargoed                 | 114            | 764                         | 112            | 832                         | 123            | 763                         | 88             | 636                         | 3,111                               |
| Newport                 | 105            | 229                         | 331            | 540                         | 207            | 437                         | 120            | 296                         | 1,363                               |
| Merthyr & Blaenau Gwent | 19             | 86                          | 83             | 163                         | 53             | 258                         | 43             | 218                         | 1,146                               |
| Neath Port Talbot       | 25             | 78                          | 210            | 261                         | 65             | 151                         | 51             | 95                          | 415                                 |
| Caerphilly & Torfaen    | 70             | 224                         | 149            | 401                         | 123            | 490                         | 114            | 565                         | 1,176                               |
| Rhondda Cynon Taff      | 75             | 328                         | 76             | 241                         | 76             | 351                         | 67             | 389                         | 740                                 |
| <b>Total</b>            | <b>1,119</b>   | <b>5,620</b>                | <b>2,336</b>   | <b>7,176</b>                | <b>1,522</b>   | <b>6,352</b>                | <b>1,325</b>   | <b>6,513</b>                | <b>21,498</b>                       |

| Project                 | Jan-March 10   |                             | April-June 10  |                             | July-Sept 10   |                             | Oct - Dec 10   |                             | Total Participant occasions in 2010 |
|-------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|----------------|-----------------------------|-------------------------------------|
|                         | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions | Participant No | Total Participant occasions |                                     |
| Anglesey                | 33             | 142                         | 35             | 222                         | 46             | 256                         | 29             | 84                          | 704                                 |
| Flintshire & Wrexham    | 240            | 1,416                       | 157            | 1,822                       | 282            | 1,288                       | 258            | 2051                        | 6,577                               |
| Powys                   | 86             | 345                         | 51             | 336                         | 110            | 440                         | ns             | ns                          | 1,121                               |
| Pembroke Dock           | 57             | 171                         | 114            | 661                         | 31             | 111                         | 47             | 244                         | 1,187                               |
| Swansea                 | 99             | 562                         | 218            | 536                         | 92             | 613                         | 38             | 435                         | 2,146                               |
| Bridgend                | 71             | 526                         | 83             | 648                         | -              | -                           | -              | -                           | 1,174                               |
| Cardiff                 | 53             | 345                         | 133            | 733                         | 91             | 854                         | 82             | 525                         | 2,457                               |
| Cardiff & Vale          | 170            | 453                         | 348            | 2,023                       | 168            | 340                         | 15             | 46                          | 2,862                               |
| Bargoed                 | 105            | 896                         | 72             | 336                         | 142            | 1977                        | 143            | 1251                        | 4,460                               |
| Newport                 | 39             | 84                          | 208            | 429                         | 168            | 352                         | 76             | 213                         | 1,078                               |
| Merthyr & Blaenau Gwent | 50             | 297                         | 70             | 164                         | 67             | 436                         | 104            | 726                         | 1,623                               |
| Neath Port Talbot       | 77             | 150                         | 34             | 122                         | 63             | 143                         | 30             | 54                          | 469                                 |
| Caerphilly & Torfaen    | 97             | 530                         | 145            | 653                         | 165            | 600                         | 101            | 563                         | 2,346                               |
| Rhondda Cynon Taff      | 91             | 497                         | 113            | 945                         | 105            | 736                         | 70             | 460                         | 2,638                               |
| <b>Total</b>            | <b>1,268</b>   | <b>6,412</b>                | <b>1,781</b>   | <b>9,630</b>                | <b>1,530</b>   | <b>8,146</b>                | <b>993</b>     | <b>6,652</b>                | <b>30,840</b>                       |

| <b>Project</b>          | <b>Jan-March 11</b> |                             | <b>April-June 11</b> |                             | <b>July-Sept 11</b> |                             | <b>Oct - Dec 11</b> |                             | <b>Total Participant occasions in 2011</b> |
|-------------------------|---------------------|-----------------------------|----------------------|-----------------------------|---------------------|-----------------------------|---------------------|-----------------------------|--|
|                         | Participant No      | Total Participant occasions | Participant No       | Total Participant occasions | Participant No      | Total Participant occasions | Participant No      | Total Participant occasions |  |
| Anglesey                | 31                  | 110                         |                      |                             |                     |                             |                     |                             |  |
| Flintshire & Wrexham    | 0                   | 0                           |                      |                             |                     |                             |                     |                             |  |
| Powys                   | 61                  | 201                         |                      |                             |                     |                             |                     |                             |  |
| Pembroke Dock           | 29                  | 175                         |                      |                             |                     |                             |                     |                             |  |
| Swansea                 | 108                 | 692                         |                      |                             |                     |                             |                     |                             |  |
| Bridgend                | 0                   | 0                           |                      |                             |                     |                             |                     |                             |  |
| Cardiff                 | 55                  | 444                         |                      |                             |                     |                             |                     |                             |  |
| Cardiff & Vale          | 0                   | 0                           |                      |                             |                     |                             |                     |                             |  |
| Bargoed                 | 142                 | 1,193                       |                      |                             |                     |                             |                     |                             |  |
| Newport                 | 0                   | 0                           |                      |                             |                     |                             |                     |                             |  |
| Merthyr & Blaenau Gwent | 0                   | 0                           |                      |                             |                     |                             |                     |                             |  |
| Neath Port Talbot       | 71                  | 239                         |                      |                             |                     |                             |                     |                             |  |
| Caerphilly & Torfaen    | 126                 | 660                         |                      |                             |                     |                             |                     |                             |  |
| Rhondda Cynon Taff      | 99                  | 581                         |                      |                             |                     |                             |                     |                             |  |
| <b>Total</b>            | <b>722</b>          | <b>4,295</b>                |                      |                             |                     |                             |                     |                             |  |



**Table 29 Activity data for all recorded attendances**

| Project                        | Activity type |             |            |              |           |             |            |             |             | Not known  | Grand Total |
|--------------------------------|---------------|-------------|------------|--------------|-----------|-------------|------------|-------------|-------------|------------|-------------|
|                                | Walking       | Cycling     | Climbing   | Horse Riding | Skiing    | Exercise    | Gardening  | General     | Watersports |            |             |
| Greater Bargoed                | 309           | 60          | 13         | 0            | 0         | 227         | 0          | 182         | 0           | 17         | 611         |
| Bridgend                       | 147           | 25          | 0          | 0            | 0         | 97          | 5          | 51          | 0           | 51         | 263         |
| Caerphilly & Torfaen           | 130           | 42          | 0          | 17           | 53        | 141         | 0          | 172         | 22          | 5          | 363         |
| Cardiff & Vale of Glamorgan    | 221           | 45          | 0          | 0            | 0         | 728         | 0          | 332         | 0           | 34         | 1199        |
| Cardiff                        | 139           | 49          | 28         | 29           | 19        | 12          | 43         | 73          | 78          | 15         | 322         |
| Dyfi Valley (Powys)            | 149           | 53          | 0          | 0            | 0         | 75          | 180        | 167         | 0           | 113        | 597         |
| Flintshire & Wrexham           | 247           | 665         | 67         | 0            | 0         | 120         | 154        | 161         | 103         | 9          | 1125        |
| Merthyr Tydfil & Blaenau Gwent | 62            | 6           | 1          | 0            | 0         | 0           | 157        | 117         | 1           | 1          | 286         |
| Newport                        | 913           | 76          | 0          | 20           | 0         | 0           | 0          | 282         | 0           | 22         | 1014        |
| Neath Port Talbot              | 53            | 198         | 48         | 0            | 0         | 118         | 0          | 138         | 124         | 52         | 384         |
| Pembroke Dock                  | 38            | 60          | 107        | 47           | 0         | 61          | 53         | 70          | 143         | 8          | 288         |
| Rhondda Cynnon Taf             | 222           | 284         | 11         | 0            | 0         | 0           | 27         | 108         | 0           | 44         | 551         |
| Swansea                        | 162           | 73          | 0          | 0            | 0         | 57          | 0          | 217         | 0           | 45         | 408         |
| Ynys Mon (Isle of Anglesey)    | 49            | 13          | 93         | 78           | 0         | 0           | 0          | 136         | 75          | 72         | 379         |
| <b>Total</b>                   | <b>2841</b>   | <b>1649</b> | <b>368</b> | <b>191</b>   | <b>72</b> | <b>1636</b> | <b>619</b> | <b>2206</b> | <b>546</b>  | <b>488</b> | <b>7790</b> |
| Percent of all                 | 36            | 21          | 5          | 2            | 1         | 21          | 8          | 28          | 7           | 6          | 100         |

| Number of attendances          |               |         |          |              |        |          |           |         |              |           |             |
|--------------------------------|---------------|---------|----------|--------------|--------|----------|-----------|---------|--------------|-----------|-------------|
| Project                        | Activity type |         |          |              |        |          |           |         |              |           | Grand Total |
|                                | Walking       | Cycling | Climbing | Horse Riding | Skiing | Exercise | Gardening | General | Water sports | Not known |             |
| Greater Bargoed                | 4072          | 261     | 13       |              |        | 4291     |           | 5842    |              | 112       | 14591       |
| Bridgend                       | 2031          | 227     |          |              |        | 874      | 5         | 82      |              | 610       | 3829        |
| Caerphilly & Torfaen           | 581           | 298     |          | 59           | 343    | 1355     |           | 2207    | 68           | 158       | 5069        |
| Cardiff & Vale of Glamorgan    | 570           | 132     |          |              |        | 2881     |           | 806     |              | 175       | 4564        |
| Cardiff                        | 1845          | 677     | 396      | 778          | 22     | 40       | 984       | 1322    | 999          | 176       | 7239        |
| Dyfi Valley (Powys)            | 1817          | 657     |          |              |        | 456      | 1481      | 1181    |              | 673       | 6265        |
| Flintshire & Wrexham           | 3104          | 4284    | 446      |              |        | 741      | 6341      | 482     | 506          | 74        | 15978       |
| Merthyr Tydfil & Blaenau Gwent | 482           | 292     | 28       |              |        |          | 2436      | 1232    | 27           | 6         | 4503        |
| Newport                        | 3235          | 173     |          | 20           |        |          |           | 490     |              | 158       | 4076        |
| Neath Port Talbot              | 74            | 332     | 72       |              |        | 332      |           | 282     | 372          | 162       | 1626        |
| Pembroke Dock                  | 67            | 250     | 926      | 382          |        | 308      | 219       | 220     | 1150         | 380       | 3902        |
| Rhondda Cynnon Taf             | 1152          | 2809    | 30       |              |        |          | 67        | 527     |              | 100       | 4685        |
| Swansea                        | 2063          | 789     |          |              |        | 1080     |           | 4149    |              | 609       | 8690        |
| Ynys Mon (Isle of Anglesey)    | 149           | 32      | 744      | 506          |        |          |           | 517     | 353          | 295       | 2596        |
| Total                          | 21242         | 11213   | 2655     | 1745         | 365    | 12358    | 11533     | 19339   | 3475         | 3688      | 87613       |
| Percent of all                 | 24            | 13      | 3        | 2            | 0      | 14       | 13        | 22      | 4            | 4         | 100         |

