



Final summary report

July 2007 – March 2011

Prepared by the Mentor Allan
National Partnership Evaluation Support Team
July 2011



Outline

1. National summary overview
2. Key Performance Indicators
 - 2.1. KP1
 - 2.2. KP5
 - 2.3. KP11
 - 2.4. KP12
3. Other information
 - 3.1. Attendances
 - 3.2. Activity data

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 31st 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:

	Join	Leave	End of quarter total
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
Total	9,739	2,024	

Table 2: Active participants:

	Attended at least one session in the quarter	Attended at least one session in the previous year
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

Project	Registered participants,			Active participants
	Participants registered	Participants left	Current total participants	Jan-March 2011
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
Total	9,050	9050	0	722

Table 4: Gender and age¹,

	Registered participants		Active participants		Registered participants		Active participants	
	No	%	%		No	%	%	
				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			
Total	9,050			Total	9,050			

¹ 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, 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		
Total	No	3,520	5396	134	9,050
	%	39	61		

Table 6: Gender, active participants by project

Active participants, Jan- March 11		Gender		No 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		
Total	No	305	415	2	722
	%	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		
Total	No	1580	734	932	3444	1701	659	9050
	%	19	9	11	41	20		

Table 8: Age, active participants by project

Active participants, Jan- March 11		Age					No 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		
Total	No	113	61	26	221	252	49	722
	%	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	
Total	9,050		722	

Table 10: Disability, registered participants by project

Project	Registered participants, 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		
Total	No	1,781	6,596	673	9,050
	%	21	79		

Table 11: Disability, active participants by project

Active participants, Jan-March 11 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		
Total	No	191	497	34	722
	%	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	
Total	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		
Total	No	2258	6268	524	9050
	%	26	74		

Table 14: Ethnicity, active participants by project

Active participants, Jan- March 11 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		
Total	No	10	677	35	722
	%	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	
Total	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		
Total	No	6985	135	179	1148	603	9050
	%	83	2	2	14		

Table 17: First Language, active participants by project

Active Participants 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		
Total	No	660	20	9	1	32	722
	%	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
Grand Total	11		204	388

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

Project	Count of course areas	Percent of all course areas
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
Grand Total	22	

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

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

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

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

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

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 form². 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.

² 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

Project	Adult			Young People			Age Missing			Total			Percent of registered participants
	PAL 1	PAL 2	PAL 3	PAL 1	PAL 2	PAL 3	PAL 1	PAL 2	PAL 3	PAL 1	PAL 2	PAL 3	PAL 1
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
Grand Total	4,533	1,689	637	589	186	43	155	38	6	5,277	1,913	686	58

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 population³

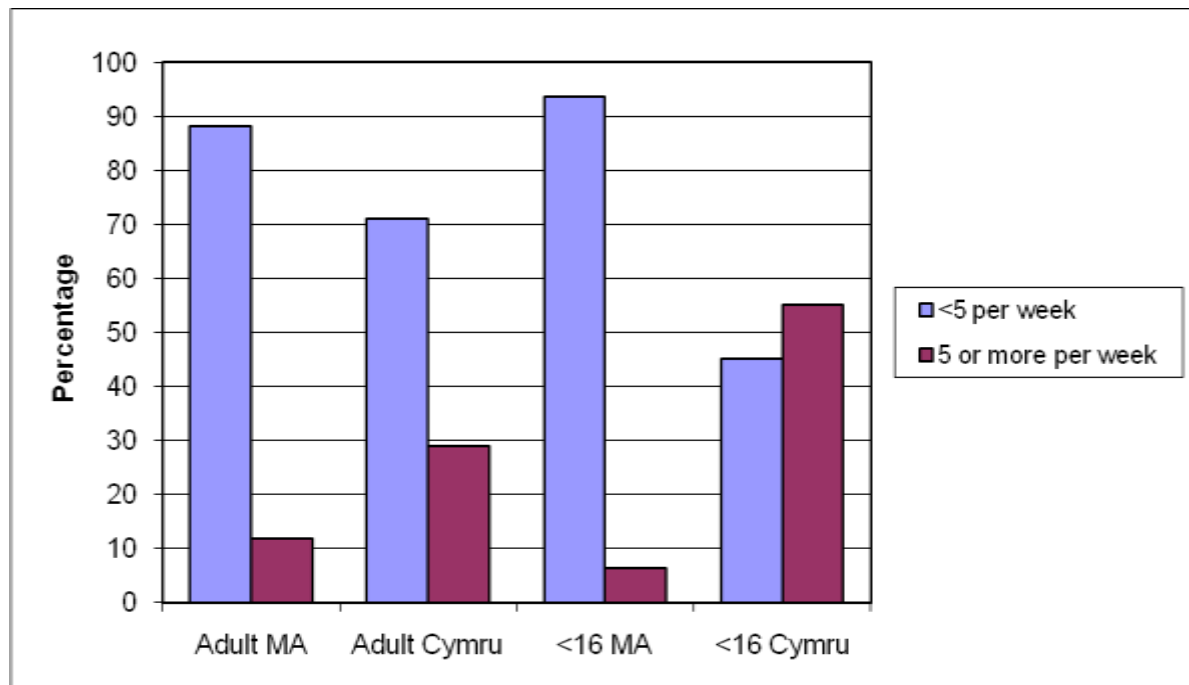


Table 23: Physical activity levels: Adults and young people⁴

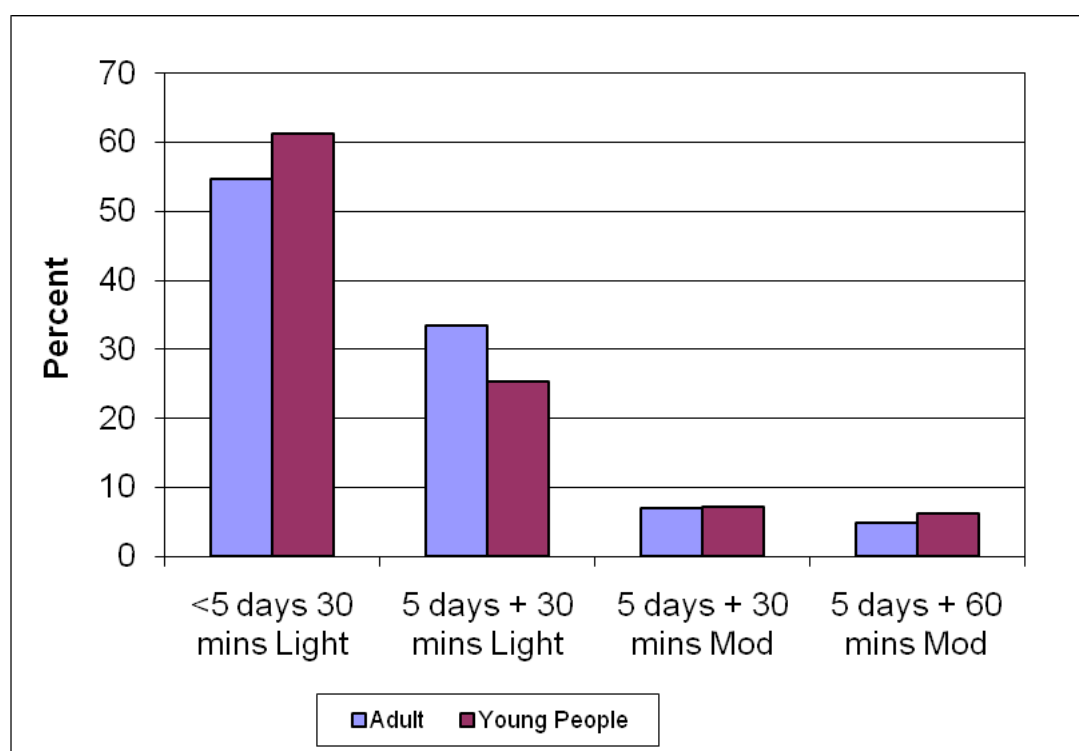
Activity Level ⁵	Adult		Young People	
	No	%	No	%
Less than 5 days 30 min plus light activity	2,476	55	361	61
5 or more days 30 min plus light activity	1519	34	149	25
5 or more days 30 min plus moderate/vigorous activity	321	7	42	7
5 or more days 60 min plus moderate/vigorous activity	217	5	37	6
Total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

³ Source: Welsh Health Survey 2007

⁴ Adults are 16 or over. Young people means under 16.

⁵ 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

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

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

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

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

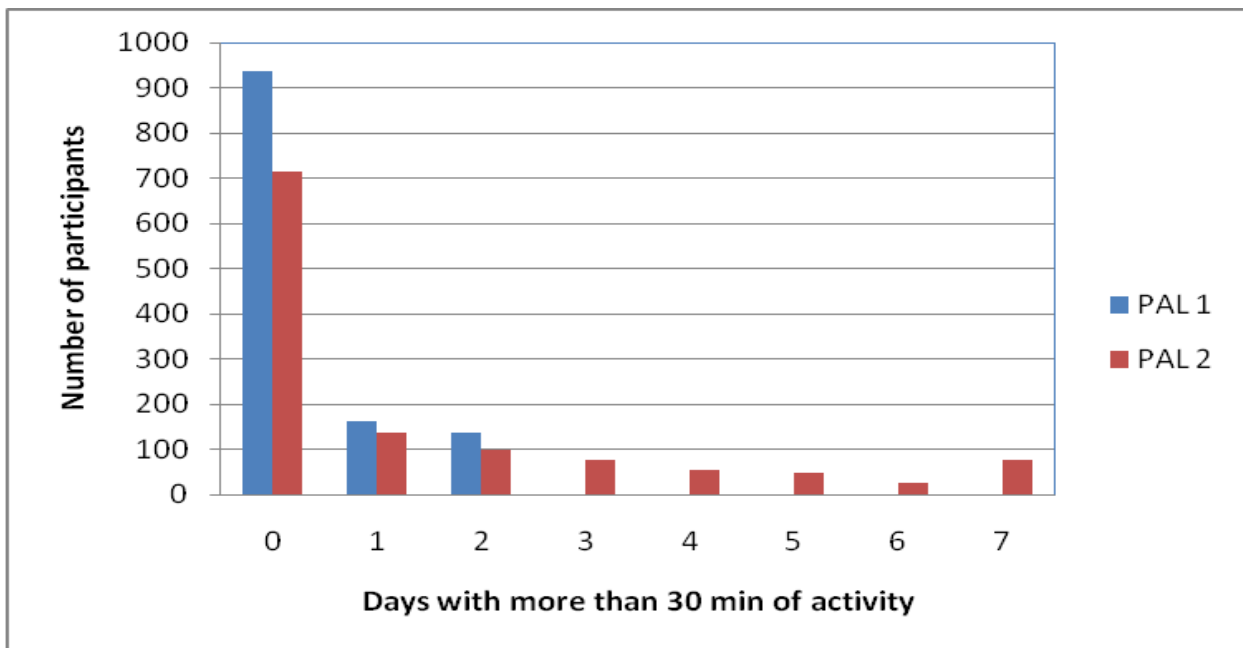
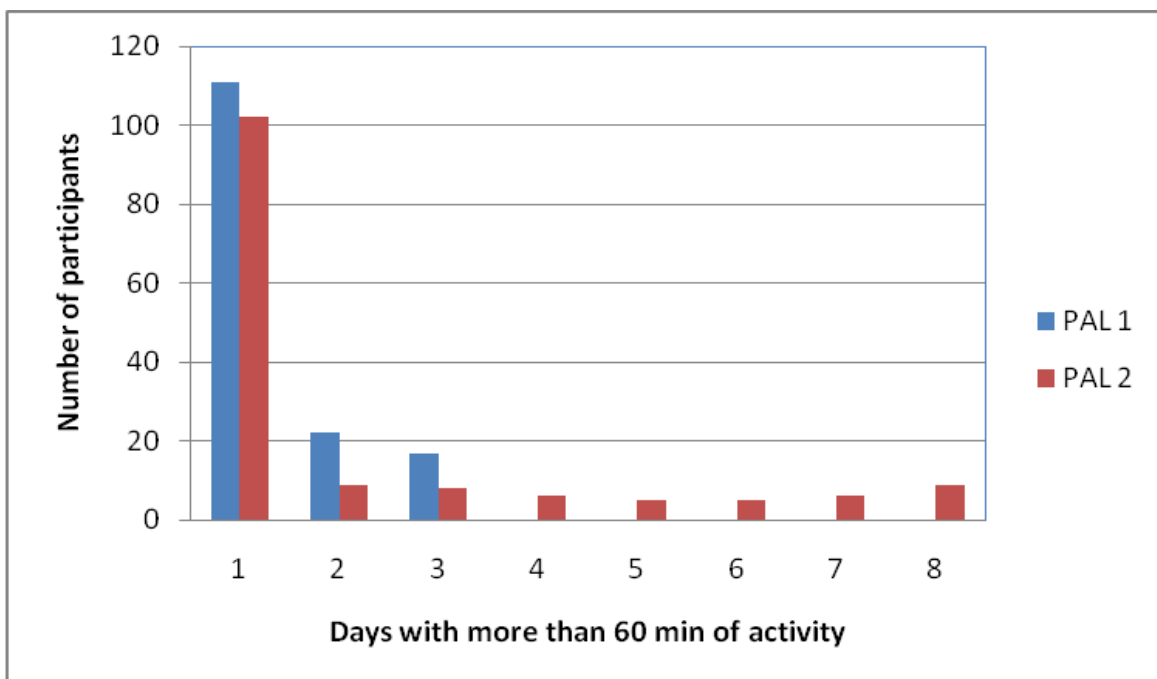
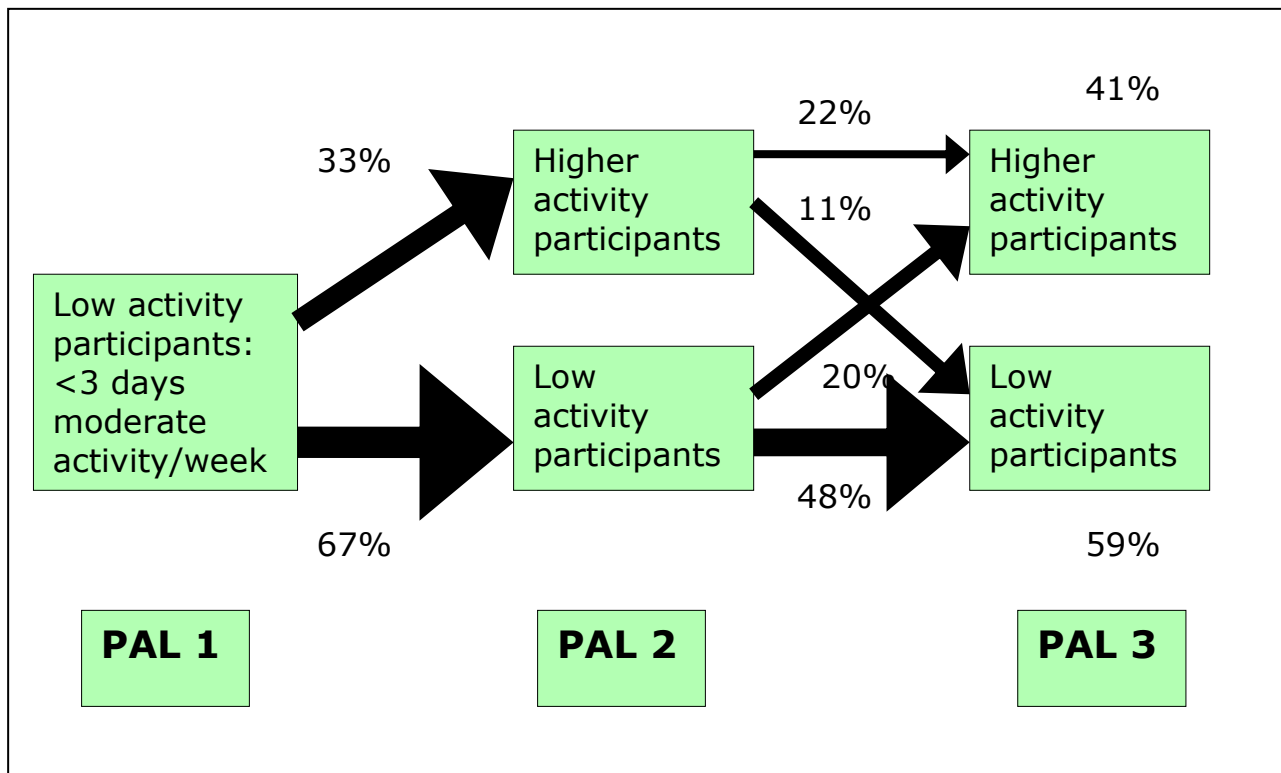


Figure 4: Changes in exercise rates for less active young people participants



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:

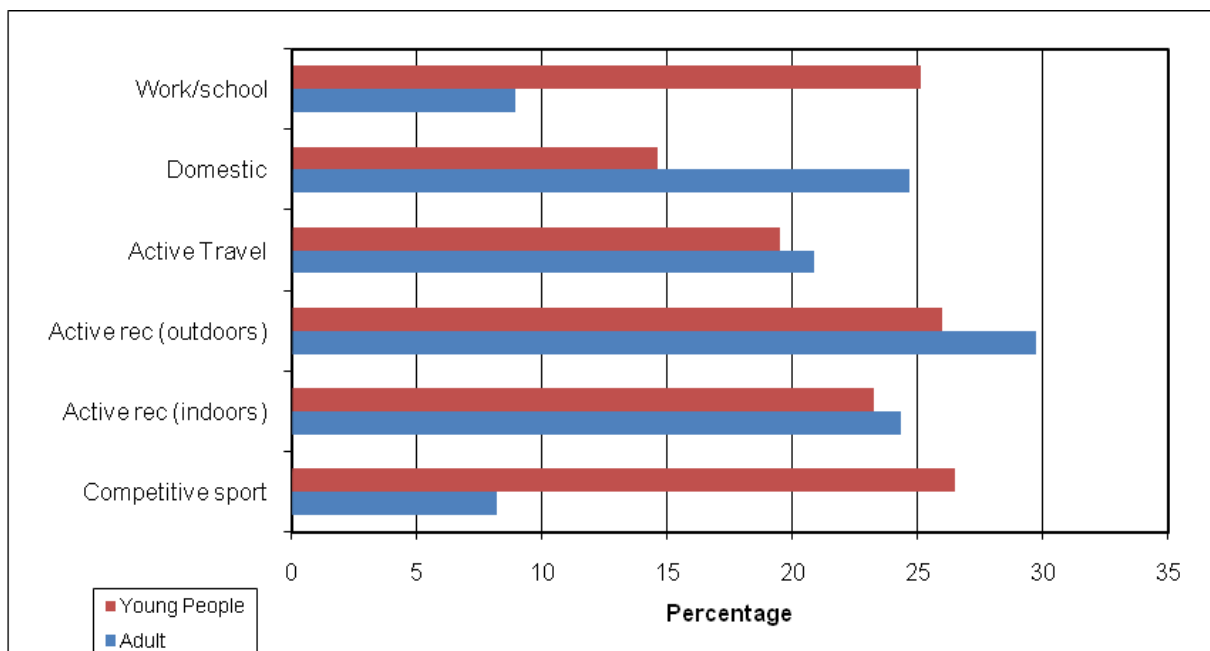


From the initial physical activity data, the relative use of a range of contexts for physical activity is shown in Table 27 and Figure 5. It can be seen that young people are more likely to be active than adults in work/school or competitive sport, whilst adults are more active than young people at home.

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
Total	5,291		795	

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.

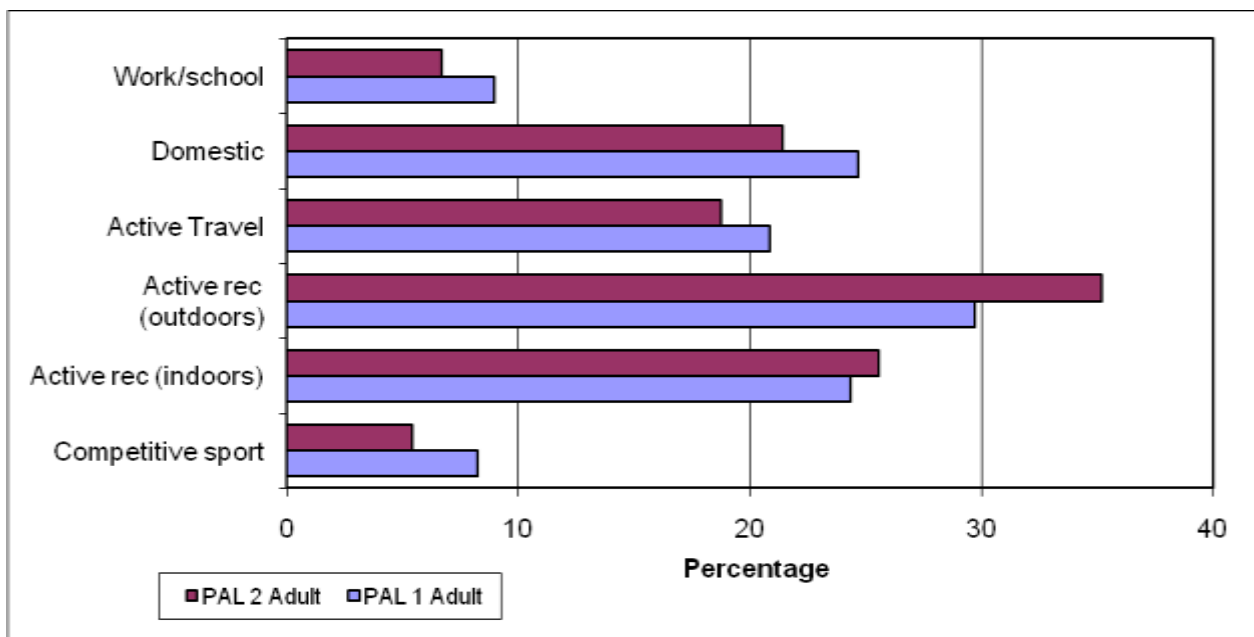
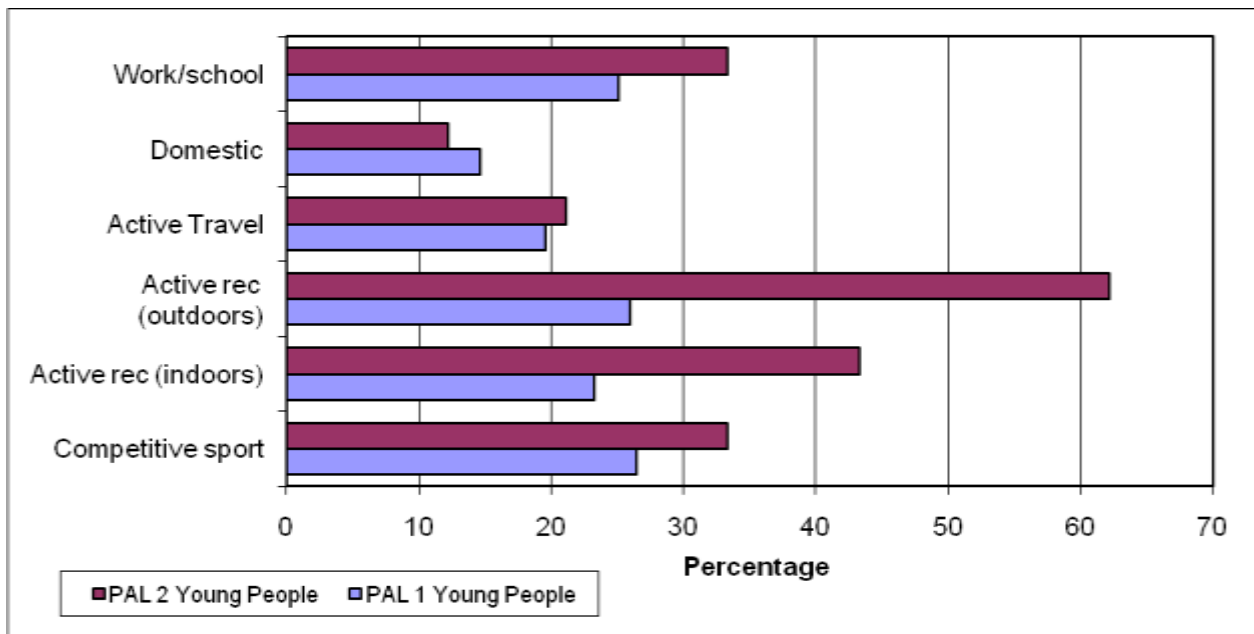


Figure 7: Percentage of young people participants undertaking at least 60 min of physical activity in the following environments at least once in an average week, comparison of PAL 1 and PAL 2.



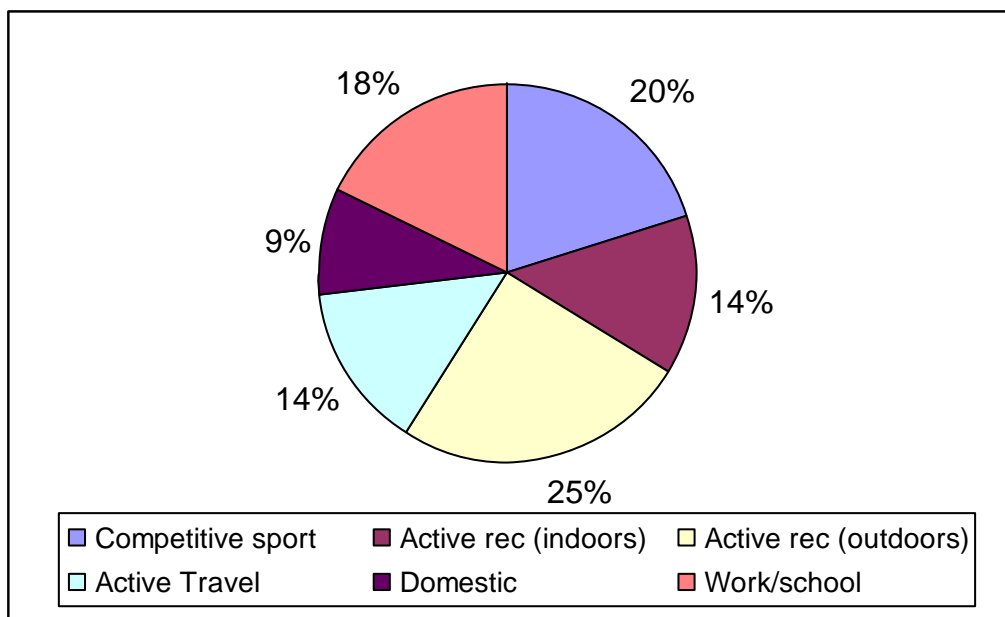
If the total number of hours spent in different environment is analysed, then as a group, the young people are fairly balanced in their activity, except for domestic activity. The adults show a lower relative amount of activity in

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

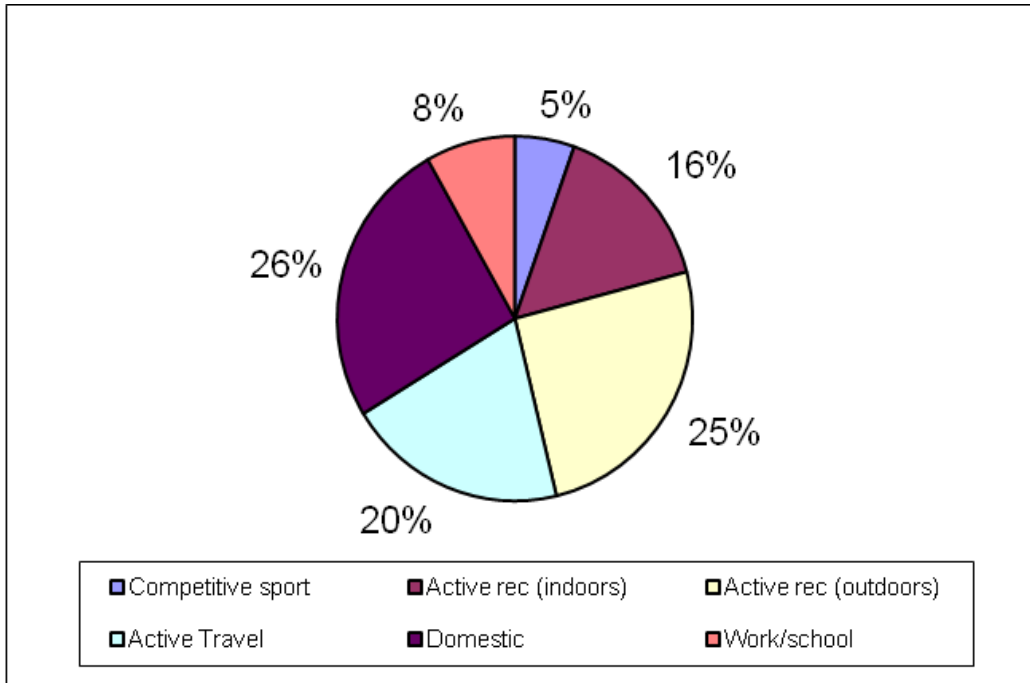
The balance of activity changes with engagement with Mentro Allan, with more physical activity being undertaken in the outdoors in PAL 2 records than PAL 1 records (from 21 per cent to 29 per cent for young people and from 25 per cent to 30 per cent in adults). This difference is seen even when the PAL 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

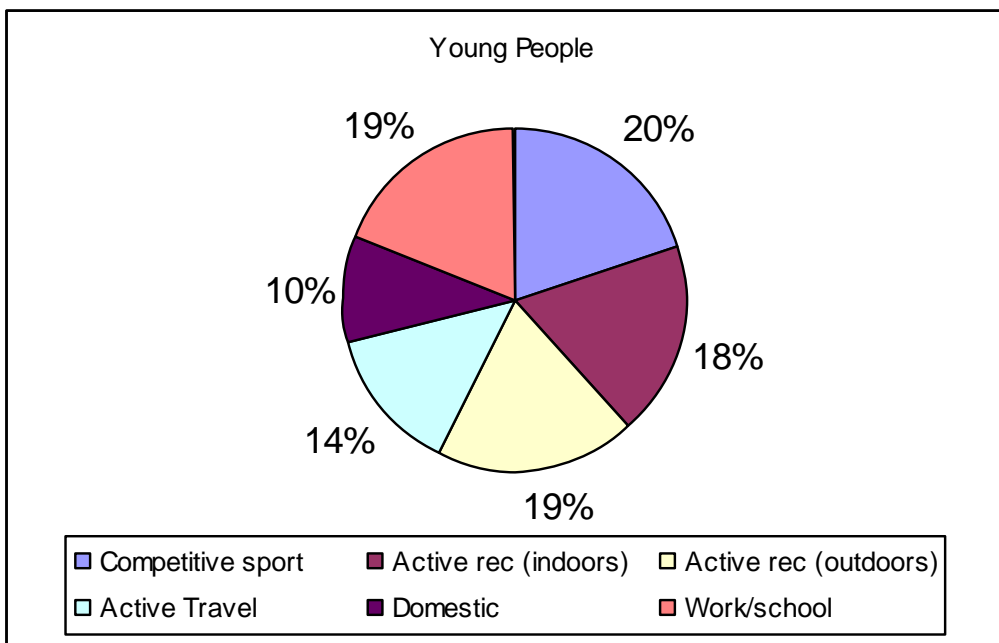
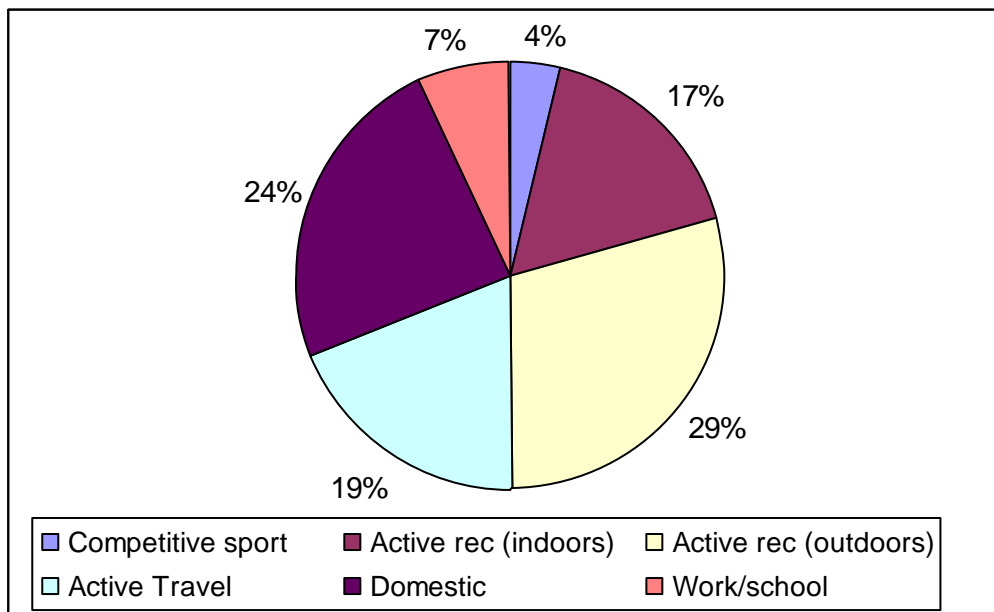
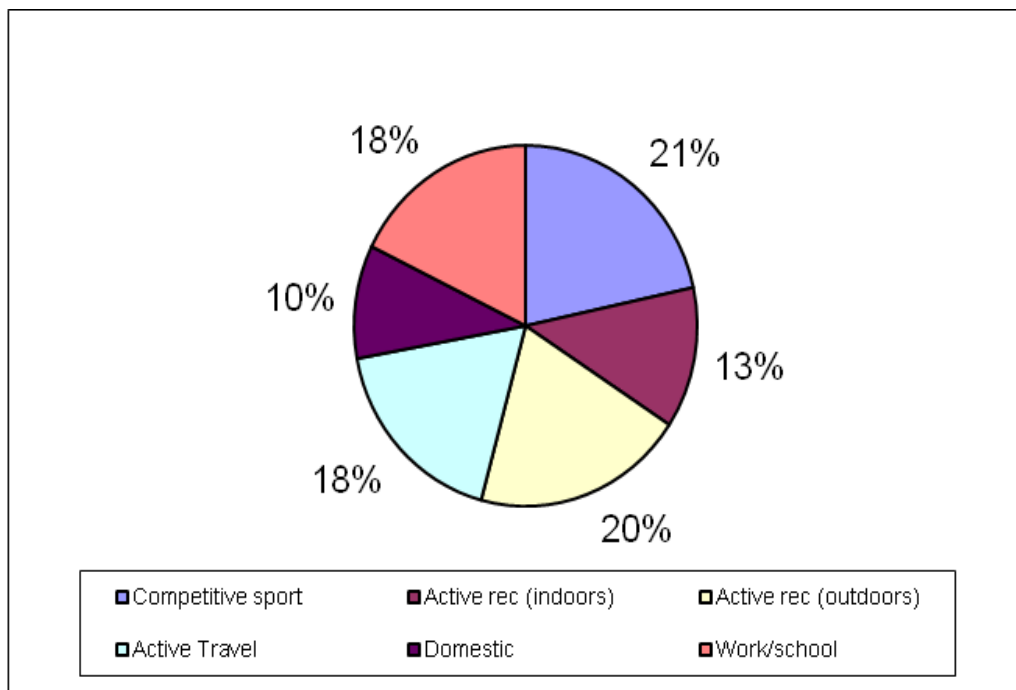


Figure 9: Distribution of the total number of 30 min periods of physical activity of adult participants between different environments, comparison of all PAL 1, all PAL 2 and PAL 1 with PAL 2

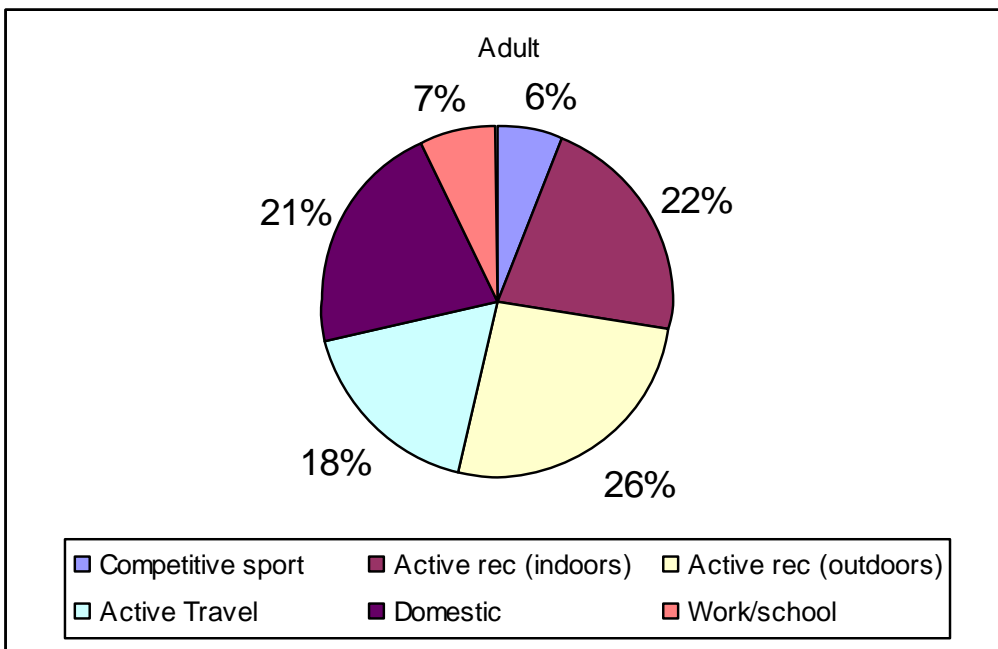
All PAL 2



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

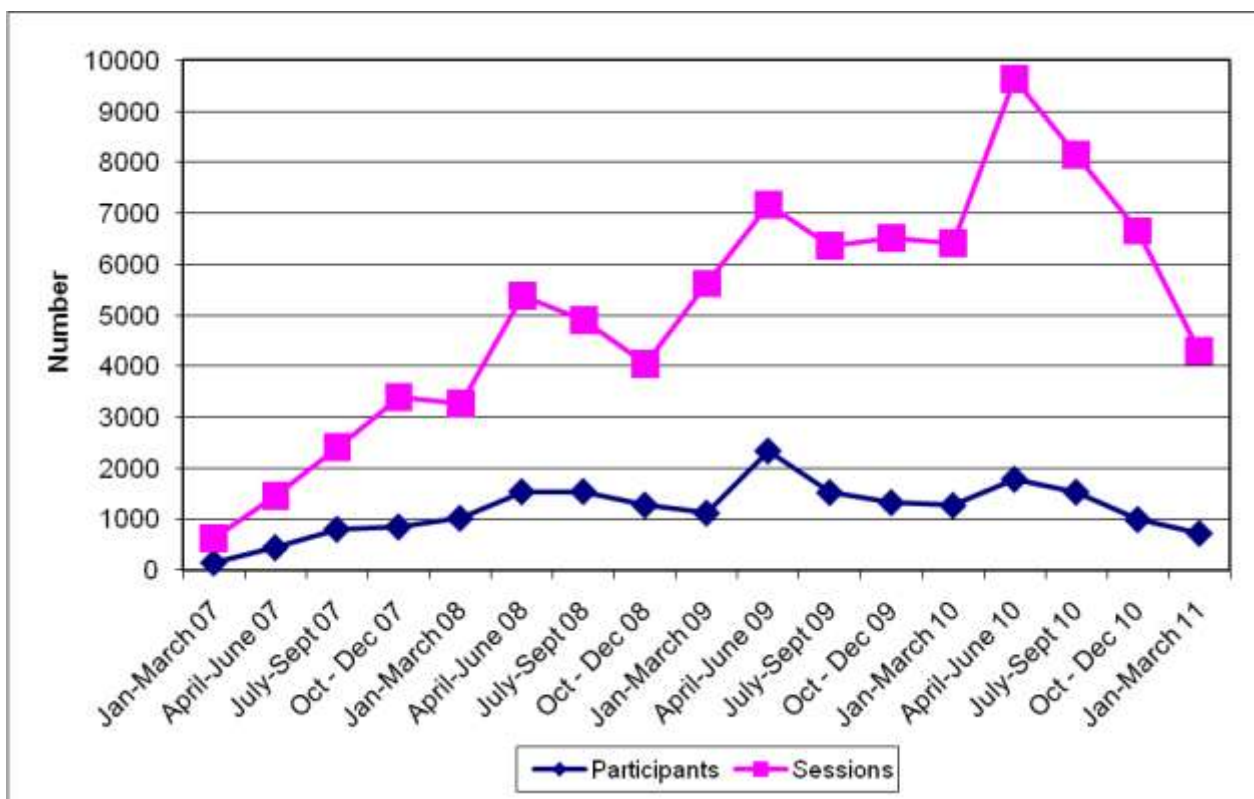


Table 28 Active participants and attendances 2007-2010

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									
Total	145	621	819	2,693	1,126	6,584	873	3,446	13,344

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
Total	1,017	3,256	1,539	5,377	1,541	4,906	1,275	4,055	17,612

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
Total	1,119	5,620	2,336	7,176	1,522	6,352	1,325	6,513	21,498

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
Total	1,268	6,412	1,781	9,630	1,530	8,146	993	6,652	30,840

Project	Jan-March 11		April-June 11		July-Sept 11		Oct - Dec 11		Total Participant occasions in 2011
	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							
Total	722	4,295							

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
Total	2841	1649	368	191	72	1636	619	2206	546	488	7790
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

