

Girls Network

<https://vimeo.com/showcase/7278740/video/260227232> password bcbc
Nantymoel Primary School

“The girls are more confident to speak up in front of others and share their ideas and opinions. In recent moderation sessions this year’s Year 6 girls were able to use their debating skills (oracy) to help raise their English marks”.

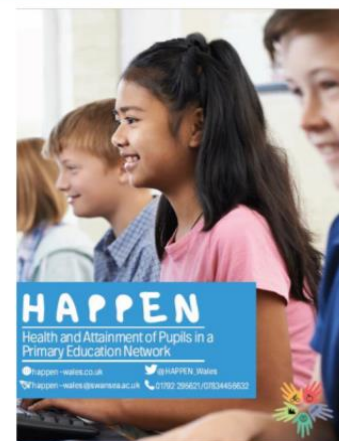


KESS

Amie Richards

The KESS Bridge-Linx project started in October 2018 and has since benefitted over 500 pupils across numerous primary schools in the borough. The children have the opportunity to take part in a fitness fun day where they challenge themselves to achieve their best in a number of activities. They attend the local college for a few hours where they have the opportunity to engage with college students who also benefit from the experience. The feedback from schools about the fitness report they receive is that it helps children engage with the importance of fitness. They also complete an online survey about their health, wellbeing and lifestyle behaviours from which they can also analyse the report and school councils have found ways to improve the health and wellbeing of the children in their school."

Your HAPPEN Survey Report



<https://vimeo.com/showcase/7278740/video/260225573>
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Feel Good For Life

Halo Dementia Swimming

<https://www.youtube.com/watch?v=BtAZclYvmgg>

Originally developed as a Dementia Friendly swimming opportunity the feel Good for Life programme BAVO and the Alzheimer's Society. The programme aims to remove barriers to leisure services and to support people to 'live well with dementia'.

The programme has been supported by BCBC and healthy board pilot support and has subsequently secured investment from Big Lottery Fund. The programme now offers an expanded range of physical and social activities and participants including carers reflect on their wellbeing at 3 monthly intervals. Participants are leading more active lives and some improvement in memory decline is described by families, increasing the likelihood of participants continuing to live well within their own communities and maintain independence.

The programme has been described by Quest UK as "a very high quality programme and an example of best practice". The programme has developed a range of volunteer opportunities to support sustainability and was successful in achieving the UK Active award for sustaining physical activity.



Social Prescribing

There is a growing focus on the use of social prescribing to improve wellbeing and BCBC has been working with Awen to use cultural activities to engage and support people.

The 'Same As' programme has worked with children and young people and their households to capture their hopes and aspirations and the barriers that they face to create the lives they would like to see. A digital story has been produced and also a podcast on behalf of parent carers as part of the 'Take Care' podcast series.

Building on the physical activity opportunities that 'Olympage' and 'Super Agers' have been creating, Awen have supported the creation of a cultural Olympage programme for older adults including creative writing, poetry, music and reminiscence.

It has also proven possible to support targeted group activities such as the Bridgend Carers Choir 'Off Duty' who produced the song "Strong".

This approach helps people to build on strengths and interests and maintain contact with their communities



'Same As' <https://www.youtube.com/watch?v=fnoMmQ298aA>

Wonderful World <https://www.youtube.com/watch?v=Q7VEHMrf4IY>

Musical Roots <https://www.youtube.com/watch?v=UZkgz1vR2Rs>

Carers Choir Strong Song <https://youtu.be/2mnJsX6OzLA>

Super Agers

Supported by the Healthy and Active Fund BCBC has been building on its learning from the Olympage programmes to develop new approaches to being active with older adults. There is a focus on working with partners and older adults themselves to develop new opportunities in community settings and to lead activities. The achievements to March 2020 include:-

- *Recruitment of the Super Agers project delivery team across Cwm Taf Morgannwg*
- *Development of participant resources for goal setting, activity tracking, data capture and participant reflection*
- *Workshops conducted with Bridgend College Social care students who support activities with older adults including the Olympage programme (70 students)*
- *Partnership with Swansea University Exercise Science and Centre for Innovative Ageing to support project evaluation*
- *Achievement of Bevan Exemplar project status for innovation in social care*
- *Mobilisation of project delivery in initial four hubs across CTM (24 participants in initial hub pilot activities)*
- *Development of 'Active at Home' resources alongside home activity tracker distributed to 124 participants. <https://youtu.be/2mnJsX6OzLA>*
- *Engagements of 239 participants in Olympage community programme for Super Agers launch*

Super Agers Launch

<https://vimeo.com/377796219>



Intergenerational Event Ogmore Valley

<https://vimeo.com/321532198>

Password = Olympage



Activity Pod

<https://vimeo.com/showcase/7278740/video/389209377> password bc bc

<https://vimeo.com/showcase/7278740/video/260229282> password bc bc

Bryncethin primary school staff following comments on pupil engagement:-

“I noticed that the pupils were happier and playing with children other than the ones they wouldn’t normally play with. There was good turn taking and it was lovely to see them communicating and the role play they showed was amazing.”

“The range of resources ensure that activities are not limited. There is a wealth of problem solving and social interaction that can be gained from using the pod”

“The children from Year 3 really enjoy building dens, filling containers with water and making assault courses”

“It was great to see the collaborative learning that took place. All were engaged and on task during all activities”

Nantymoel Primary School – ***“The skills they’ve gained from using the pod are tremendous and I think having the activity pod has opened our eyes to the fact that it wasn’t just something that was needed at playtime, but that it was something that we could use in curriculum lessons”***

