



Chwarae Dysgu
a Thyfu'n Iach
Play Learn and
Grow Healthy

Project Newsletter

Summer 2011

A word from our Health Development Manager

The lovely weather we have been experiencing lately has provided brilliant opportunities for all our settings to try out the latest set of resource cards based on physical activity. The focus of traditional games gives our participating children the opportunities to try out games that many of us adults experienced when we were younger! Please tell us what you think of the new activities at info@plgh.org.

Our final round of data collection will be beginning shortly. Staff will be visiting settings to collect information for us to see how the resources have helped levels of physical activity and nutrition choices.

We look forward to seeing the positive changes you have made.

Pam McIntosh



Focus Group meetings

It has been a busy time for the Play, Learn and Grow Healthy staff carrying out our Focus Group meetings across the county. Many thanks to the following venues for welcoming us:

Ysgol Gymraeg Rhydaman, Ysgol Cae'r Felin Pencader, Ysgol Nantgaredig and Swiss Valley Community Primary School.

The main focus was to get our participants familiar with the new resource cards and to see how well they are working.

Attendance

DATE	VENUE	CHILDREN	ADULTS
05/04/11	RHYDAMAN	22	8
07/04/11	PENCADER	18	4
12/04/11	NANTGAREDIG	31	7
14/04/11	SWISS VALLEY	29	8
TOTAL		90	27

Here are some of the children in action



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Update from our Support Worker

During the past term, every Cylch (32) participating in this exciting scheme received and evaluated the scheme's resource cards. Thank you to everyone for their ready responses.

By now the physical activity cards have been designed these have been distributed to

each Cylch above during the Spring term. The scheme has also been extended to more Cylchs and the opportunity has been offered to some Cylchoedd Ti a Fi.

We will be visiting you during the Summer term to distribute the recent activity cards and to collect the final round of data.

Working together, we organised successful focus groups for the

Spring term. Here there was the opportunity to consult with you and to disseminate information regarding the project. Pamela McIntosh, the Project's Health Development Officer, came to run the physical activities and everyone that attended enjoyed very much.

Tanwen Randell-Davies
07837 964921

Feedback

We are always interested in finding out what our participants think of the project and suggestions for any improvements we could make. Here's some of the feedback we have received lately...

"This has been an excellent project, it enhances what we already do, encouraging healthy choices. We all look forward to Helene's visits, answering the questions on the lap top, playing the games and the chat! We appreciate all the resource cards with great activity ideas, many we do on the beach which is close by. The sport equipment received is truly magnificent and we are truly grateful. We always have a lot of fun!

Thank you very much "

"The Play Learn and Grow Healthy Project has been a great success with the children in my setting, they loved growing and eating all of the fruit and vegetables and cannot wait to start growing some more. They also enjoyed all the exercises, Helene is just the right kind of person to get the children motivated and interested in taking part in the project.

We all looked forward to her visiting our setting, and we will keep in touch with her for future projects."

Karen Pereira

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Pamela McIntosh

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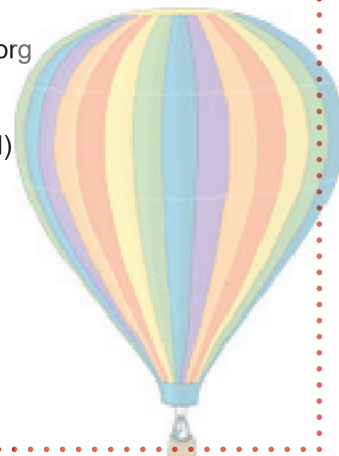
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Helene Lovell (Childminders) and Playgroups)

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Development Officer Update

It's hard to believe that this is the last round and that some children have been working on our project for nearly 3 years. A huge thank you for making our project a great success!

to add to this award later on by completing a level 1 coaching award if they wish.

Congratulations to all children who have taken part.

Many of the children have completed the Young Leader's Award. Certificates are being issued and the children are able

Terena Davies- Tommason
Development Officer
07779705881

Many thanks to our participating clubs for your help with the 5th round of data collection. We will be visiting during this term to collect the final responses.

Changes

The idea behind the project has been to change attitude, awareness and behaviour towards physical activity and nutrition. The team have been thrilled with the results we have seen so far. Here are some of the changes that our participants have made...

"Since Christmas I like sprouts, I prepared them with Llinos by putting a cross on them and took them home to cook with mammy. They were lovely. They look like a tree when we buy them in the shop and you pick them off the stalk. I like that."

Nia age 6



"I now like green beans and grapefruit. I like all summer fruits and vegetables because we grow them. Chris bought me a special gardening apron/fork/spade. We grow our own carrots lettuce, tomatoes and pumpkins."

Amber age 9

"I never used to be willing to eat Brown bread or melon now I love both."

Mia age 8

"I never used to eat cabbage but now I do. Chris has helped me to try all different vegetables."

Mia age 8



Resource boxes for childminders



On 26th February, 12 childminders from across Carmarthenshire attended Helene Lovell's home in Llandovery to each receive a large box of resources to promote physical activities in their settings when using the Play, Learn and Grow Healthy resource card pack.

The boxes contained many items including bats, balls, beanbags, cones, markers, a parachute, target mat and so much more.

The funding for the purchase of the boxes was received from the Carmarthenshire Community Development Fund.

Councillors Nigel and Dorothy Burgess, Mayor and Mayoress of Llandovery, Cllr Jill Bludd Chair of Llandovery Women's Institute and the wife of the Town Crier Mrs Sandra Beard were also in attendance.

Everyone had a lot of fun networking. Coffee and cakes were shared as well as a background to the project and an update on results to date.

Karen Pereira, Project Manager, thanked the all the childminders for their support in training the buddies in their settings, gathering the data from the children and their parents, using the resources and

encouraging the buddies to work towards the Young Leaders Award from the British Sports Trust.

Comments from those attending the day included:

Thank you for your wonderful hospitality on Saturday Helene, I thoroughly enjoyed the day and the company. The children haven't let me put the box away yet; they keep finding new things to play with. And my husband loved the cake.

Once again, thank you for including us in your project.

Regards
Sue xx

Thank you very much for yesterday, I was gutted that I had to leave early. I have downloaded a copy of the group photo to FB already.
Eifionydd Jenkins

"Hi Helene we have been having a fab time in the country park with all the equipment that we received from you. Speak Soon."
Chris

5th round data

Last term we visited all our settings and asked questions about what exercise our participants are doing and how healthily they are eating. We collected some great results and the statistics show that **49%** of our club participants have improved their nutrition behaviour, **53%** had improved their attitude towards eating healthily.

In our childminder settings, **47%** had improved attitudes towards nutrition and **40%** had improved physical behaviour!

Preschools did really well too with **46%** improving their nutrition behaviour and **45%** improving their physical activity awareness levels. Well done to all our participants!
Well done to all!!!

For all the results, log onto

www.plgh.org



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