

Hywel Dda University Health Board;

The Extra Project

Hywel Dda; South Pembrokeshire

Project Lead; Contacts; Lucie Whelan LDM for the South Pembrokeshire Cluster

Rationale; Many children aged 11 – 15 are not engaged in sport/physical activity or have real difficulties being part of a team. The Extra Project offers an alternative engagement with initiatives at Pembroke Leisure Centre with experienced and qualified staff aimed at reducing obesity and challenging sedentary behaviour

Project Details; The Extra Project links with obesity and will be offered to children who attend Pembroke School. It is a new initiative designed to get teenagers active and will be a 12-month pilot programme undertaken at Pembroke Leisure Centre starting in December 2015 and ending in Dec 2016.

The project will be run by Pembrokeshire County Council (Pembrokeshire Leisure) in collaboration with Communities First and the South Cluster. The Programme is designed to help increase activity levels in 11-15year olds who may be inactive and/or over-weight with the aim to increase their activity levels in a non-competitive, fun and sociable environment

Intended Outcomes;

- Improve inequality within schools to the child under the radar who will not engage in the school environment, who maybe slightly overweight and or disengaged with physical activity through low self-esteem / conscious body image / under confidence etc.
- Up-skilling of a number of Exercise Professionals and activity coaches to deliver a long-term improvement plan
- Effect a measurable improvement in participants' Social, Physical and/or psychological well-being
- Track physiological changes for each and every participant and report to stakeholders on the effectiveness of the scheme

Partners; The project will be run by PCC (Pembrokeshire Leisure) in collaboration with Communities First and the South Cluster.

Time-frame; Fixed for 12 months; completed 31.12.2016

Future Development Planned; No information currently available

Commissioning / Funding; Cluster Funding / Pembrokeshire County Council

Evaluation / Reporting; Started but no formal evaluation report. The project organisers were due to feed back to the cluster in March 2017. No further information received

Supporting Documentation;



Extra Report.docx

Acknowledgement; Rachel Pompa; Head of GMS Hywel Dda UHB

Project Status;

- Purchased Boditrax analysis unit
- Set and run a programme of activities; individual based but set in social groups
- Invited groups and individuals in the age group to attend for a scan and consultation
- Refer individuals outside the acceptable range to the EXTRA programme
- Run courses to up-skill staff to be able to deliver activities
- Purchase equipment specific to activities