



Eich cyf/Your ref P-05-1075
Ein cyf/Our ref DET/00202/21

Janet Finch-Saunders MS

Chair, Petitions Committee

11 February 2021

Dear Janet,

Thank you for your correspondence regarding petition P-05-1075.

On 19 December the First Minister announced that Wales moved to alert level four restrictions. Under alert level four restrictions, sport and leisure facilities will be closed to the public and we are all being asked to stay at home.

The coronavirus pandemic has had a profound impact on organised indoor activities such as swimming and fitness classes. That is why, throughout the lockdown, going outdoors for exercise is one of the limited reasons we have permitted people to leave their homes. For many of us the pandemic means that we are staying at home and sitting down more than usual.

The Welsh Government recognises that at present it may be hard for some individuals to do the sort of exercise they would normally enjoy. At a time like this it's important for people of all ages and abilities to be as active as possible. We know that regular physical activity can help give structure to our days and is also good for mental health and well-being.

Increasing opportunities to be physically active is central to ensuring that people across Wales are able to stay healthy and well. That is why, as part of Healthy Weight: Healthy Wales, we invested £500k for Sport Wales to develop a 60 Plus Active Leisure Scheme offer. This will enable Sport Wales to continue to deliver targeted provision of physical activity opportunities, to contribute to a reduction in health inequalities amongst the 60 plus population.

Sport Wales, the Welsh Government's delivery partner for sport in Wales, has also provided useful resources and information to help with exercise and well-being throughout this challenging and unprecedented time. The Sport Wales 'BeActiveWales' Campaign has made it easier for people to find fun and safe ways for children and their families to be active whilst following regulations. Details can be found on the Sport Wales website: <https://www.sport.wales/beactivewales-campaign/>

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Rydym yn croesawu derbyn gohebiaeth yn Gymraeg. Byddwn yn ateb gohebiaeth a dderbynnir yn Gymraeg yn Gymraeg ac ni fydd gohebu yn Gymraeg yn arwain at oedi.

We welcome receiving correspondence in Welsh. Any correspondence received in Welsh will be answered in Welsh and corresponding in Welsh will not lead to a delay in responding.

Within this site there are a number of resources including:

- Being active at home: <https://www.sport.wales/beactivewales-campaign/being-active-at-home-beactivewales/>
- Wellbeing: <https://www.sport.wales/beactivewales-campaign/mental-health-and-wellbeing/>
- Older adults – advice and resources: <https://www.sport.wales/beactivewales-campaign/older-adults-advice-and-resources/>
- Keeping young people active: <https://www.sport.wales/beactivewales-campaign/beactivewales-keeping-young-people-active/>
- Being active – the benefits for all: <https://www.sport.wales/beactivewales-campaign/beactivewales-page-benefits-of-being-active/>
- Taking part in sport and exercise in Wales – the guidance: <https://www.sport.wales/media-centre/latest-news/taking-part-in-sport-and-exercise-in-wales-the-guidance/>

We understand how the pandemic can have a negative effect on children's mental health, and that being active brings many benefits. Our sporting bodies have received very positive feedback from their participants, including how they have helped young children to cope in lockdown and manage their anxiety, by providing focus and a chance for some socialising. Here are some examples:

- Urdd's #ActifAdre programme is offering a range of virtual sport activities in the medium of Welsh, through the #ActifAdref programme. There is a membership fee of £9 per child and family discounts are available, and young people aged 8-25 can get involved;
- Swim Wales is uploading land training sessions to its YouTube page;
- Cricket Wales is hosting a range of online games, skills, and activities to keep children keep fit and to develop skills. The resources include younger children's colouring-in options and a back garden skills challenge;
- The Youth Sport Trust hosts an after-school club on Tuesdays and Thursdays. Focusing on much more than physical fitness, the club helps children develop physical literacy and the confidence to try new sports.

I hope this information is helpful and illustrates some of the support that is being provided.

Yours sincerely,



Yr Arglwydd Elis-Thomas AS/MS

Y Dirprwy Weinidog Diwylliant, Chwaraeon a Thwristiaeth
Deputy Minister for Culture, Sport and Tourism