

Health and Social Care Committee
Senedd
Cardiff Bay
Cardiff
CF99 1SN

30 April 2024

Dear Russell George MS and Helen Finlayson,

Invitation: Health and Social Care Committee to visit Cardiff and Vale College

In response to the Committee's latest consultation looking at obesity and the prevention of ill health, to complement written evidence currently being drafted by Colegau Cymru and the FE sector, I would like to invite Committee Members to visit Cardiff and Vale College. The College has embedded active wellbeing across its City Centre Campus including new facilities, staff and opportunities, and I believe the Committee would benefit greatly from seeing firsthand the work that this college in particular is doing to support and promote activity and wellbeing. This visit will provide Members an opportunity to meet learners and speak to staff members who manage the delivery of active wellbeing within the college.

As an organisation, Colegau Cymru promotes the public benefit of further education in Wales. We believe that all learners have the right to world-class education, delivered in a safe, diverse and inclusive setting and within a sector which supports the wider community, employers and the economy. We also provide member colleges with a range of professional support services that help enhance learner outcomes whilst enriching the learning experience, this includes strategic development of Active Wellbeing and related interventions in FE.

The [Colegau Cymru Active Wellbeing strategy](#) provides FE colleges with the opportunity to make a difference to the future health, wellbeing and prosperity of learners, communities and Wales as a nation. The strategy has promoted physical, mental and emotional wellbeing through increased access to physical activity since 2020, building on project delivery since 2014. Research shows that there is a significant drop off in activity levels from the age of 14 upwards with many young people becoming inactive during some of their most formative years. Active wellbeing promotes the benefits of being active and currently engages 5,000 – 6,000 young people across Wales every year.

We are flexible with regards to dates for the visit, however we are aware that the consultation on obesity and the prevention of ill health is closing on June 7. With this in mind, we'd like to invite the Committee to hold their visit to the College **on Thursday June 6th** following the Committee meeting. One option to explore could be the Committee hosting its meeting at the college, and then undertake a tour of facilities after the formal agenda.

I do hope the Committee will be able to accept our offer to visit Cardiff and Vale College to see firsthand the fantastic wellbeing facilities available to learners and the community, and I look forward to welcoming you there on the day.

Yours sincerely,



Catherine Lewis

Principal, NPTC Group of Colleges and Colegau Cymru Active Wellbeing Group Chair

Uned 7 Cae Gwyrdd, Greenmeadow Springs, Tongwynlais, Caerdydd CF15 7AB
www.colegaucymru.ac.uk helo@colegaucymru.ac.uk Ff: 029 2052 2500
Cwmni Cofrestredig Rhif 2832103 Elusen Gofrestredig Rhif 1060182



Unit 7 Cae Gwyrdd, Greenmeadow Springs, Tongwynlais, Cardiff CF15 7AB
www.collegeswales.ac.uk hello@collegeswales.ac.uk T: 029 2052 2500
Registered Company No 2832103 Registered Charity Number: 1060182