



Coleg Cambria

PAL's - Positive Active Leaders



What is the context of your school?

We are a college in northeast Wales covering Flintshire, Wrexham and Denbighshire. We work with local communities, National Governing Bodies, and third sector organisations alongside our college community of over 20,000 people.

What was your motivation to be part of the programme/take action?

After seeing a decline in female participation in physical activity over the years, the team became concerned and motivated to make female participation a priority for the Active Cambria programme - decreasing the divide between male and female participation. The action we took was to bring females from across our college together in order to gain an insight into the barriers they face to physical activity, the motivators to encourage physical activity, and the essential qualities they felt are needed to become a Girls Active leader. Once we realised what they wanted we set to action.

Who have you involved? What action have you /others taken?

We involved our senior managers at the college to ensure they understood the initiative and purpose. Then we engaged with tutors inviting their students to come together for the Females Active Leaders day. We collaborated with Youth Sport Trust in organising the day, provide funding to support the day and helped promote the PAL's programme to local authorities and colleges across Wales. Actif North Wales have strongly bought into the idea and accepted our funding bid to employ a PAL's deliverer and offer opportunities such as DofE, training opportunities and female kit bags.





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What have been the impacts/successes?

The PAL's programme has successfully increased female participation from 15% to 40%, reflecting its growing impact. We have secured funding for a PAL's coach, which has been instrumental in addressing barriers to female participation in physical activity. This has led to greater support for the programme, an increased demand for sessions, and fostered collaboration across Wales to further enhance female physical activity and create more opportunities for women to get involved.

What have been the challenges?

One of the key challenges has been addressing concerns from male staff and students regarding the exclusivity of female sessions. There is also the challenge of managing perceptions about reduced gym access for all students, as some feel that opportunities are being limited for non-female participants. Additionally, the increasing demand for more PAL sessions has created pressure to expand the programme while ensuring it remains sustainable and effective.

What are your next steps?

The next steps involve employing a full-time deliverer to expand opportunities for females across Northeast Wales community and the college. We aim to strengthen networks and collaboration, explore the psychological barriers that may hinder female participation, and work closely with local schools to assess and enhance their offerings while providing additional support. These steps will help ensure continued growth and success of the PAL's programme.

