

Cafodd yr ymateb hwn ei gyflwyno i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#) ar [Flaenoriaethau'r Chweched Senedd](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [Sixth Senedd Priorities](#)

HSC PSS 117

Ymateb gan: | Response from: Chwaraeon Cymru | Sport Wales

Blaenoriaethau cychwynnol a nodwyd gan y Pwyllgor **Initial priorities identified by the Committee**

Mae'r Pwyllgor wedi nodi nifer o flaenoriaethau posibl ar gyfer ei waith yn ystod y Chweched Senedd, gan gynnwys: iechyd y cyhoedd a gwaith ataliol; y gweithlu iechyd a gofal cymdeithasol, gan gynnwys diwylliant sefydliadol a lles staff; mynediad at wasanaethau iechyd meddwl; arloesi ar sail tystiolaeth ym maes iechyd a gofal cymdeithasol; cymorth a gwasanaethau i ofalwyr di-dâl; mynediad at wasanaethau adsefydlu i'r rhai sydd wedi cael COVID ac i eraill; a mynediad at wasanaethau ar gyfer cyflyrau cronig tymor hir, gan gynnwys cyflyrau cyhyrysgerbydol.

The Committee has identified several potential priorities for work during the Sixth Senedd, including: public health and prevention; the health and social care workforce, including organisational culture and staff wellbeing; access to mental health services; evidence-based innovation in health and social care; support and services for unpaid carers; access to COVID and non-COVID rehabilitation services; and access to services for long-term chronic conditions, including musculoskeletal conditions.

C1. Pa rai o'r materion uchod ydych chi'n credu y dylai'r Pwyllgor roi blaenoriaeth iddynt, a pham?

Q1. Which of the issues listed above do you think should be a priority, and why?

Sport Wales is the national organisation responsible for developing and promoting sport and physical activity in Wales. As the main adviser to Welsh Government on sport, and the delivery of the Vision for Sport in Wales, we welcome the opportunity to respond to this consultation on the committee's priorities.

We want Wales to be a healthier, more active nation and advocate for prevention being placed at the heart of cross-sector policy making. In addition, we believe a whole system approach that enables the nation to become more active is one that will ultimately be of benefit to the health of all generations.

We feel that re-establishing the priorities of the committee is an opportunity. We would like to see the committee proactively work alongside other committees such as the Culture, Welsh Language



and Sport committee, and the Children, Young People and Education committee to ensure that the cross-cutting nature of sport and physical activity is not viewed only through the lens of economy and/or culture. We believe that some of the most important programmes of work that Sport Wales is involved in should be reviewed and analysed across committees and recognise that we cannot create the Wales that all generations want and deserve to live in now and in the future, by working in isolation. We feel our sector has much to contribute to the health agenda.

Sport Wales believes everyone in Wales should be able to take up opportunities to be physically active, enjoy sport and activity safely and easily in their community and incorporate it as part of a lifestyle which supports weight control, mental wellbeing, and preventative healthcare.

Your work as part of the committee is paramount to this.

The impact of Covid-19 on the Sport Sector in Wales has been hugely significant. We know that without considerable financial support packages, much of the sector would not have been able to adapt, survive, and continue to provide the sporting offers they have throughout all stages of the pandemic.

Notably – the impact has also highlighted the essential need for sport and physical activity to be considered in cross-sector policy making and at the heart of preventive health care. We saw accelerated messaging during the pandemic on the importance of daily activity. Right now, we believe there should be an urgency, to prioritise physical activity and sport at the centre of what we do in Wales and evidence for the value it provides is across all the determinants of health is overwhelming.

Sport Wales would therefore like to see the committee reflect the need for integrated policy design in its work; working proactively with other committees ensuring that sport and physical activity are embedded across multiple policy areas while actively urging the government to do the same.

Overall, we support the prioritised areas set out by the committee and have provided further comment below.

Physical Activity and Public Health Prevention

We know the physical benefits that come with activity in all forms are of enormous measure, and are an essential benefit to individuals. In addition, sport has a transformative ability to create a community, and this is not just limited to the act of participation. Being a coach, spectator, or volunteer within the sport sector creates a connection to a community that can play an important role in the wellbeing of peoples' lives. The social return on investment work Sport Wales commissioned through Sheffield Hallam University's Sport Industry Research Centre, showed there was a significant well-being impact for those who volunteered through sport.

Physical activity as model of preventative health, will prevent non-communicable disease and retain the capability of individuals as they age. Covid-19 has highlighted the importance of placing preventative health at the forefront of a resilient Wales and the significant impact sport and leisure can have on facilitating this. The importance placed on being active every day throughout the pandemic must continue. This is the time to make permanent positive behaviour shifts by continuing this messaging, redesigning systems that create connected, active communities and re-evaluating if services are equitable. It is also the time to continue to promote new,

innovative ways of incorporating physical activity into daily lives – including how people move around spaces where they live, work and play.

We feel preventative funding for initiatives that improve health should span beyond the health service. Sectors such as sport, who can truly lead on a preventative agenda should be empowered to do so. Financial support delivered in the traditional models to health delivery agents will only ensure funding gaps are filled, however; finance for a new preventative model of delivery can change behaviours and will align and deliver on the key Welsh policy objectives of the Future Generations Act, *Healthy Weight, Healthy Wales* and *Taking Wales Forward*. We know, again through the Social Return on Investment study, that the social value of health outcomes through participation in sport is £295.17m. This comes from reduced risk of illnesses such as diabetes, cancer, chronic heart disease, depression and dementia. This also does not include the important health benefits of improved well-being beyond physical health concerns.

We think the committee can impact meaningful change on health services of Wales, if emphasis is placed on physical activity being at the heart of these. Physical activity is an under-utilised intervention to support better mental and physical wellbeing and the committee could explore how it can be used more effectively to ensure better health policy outcomes for Wales.

Active advocacy from the committee in the consideration of sport and activity within health policy will create a positive change to the health of a nation and subsequently meet the needs of many of the committee's core priorities above

Blaenoriaethau allweddol ar gyfer y Chweched Senedd

Key priorities for the Sixth Senedd

C2. Yn eich barn chi, pa flaenoriaethau allweddol eraill y dylai'r Pwyllgor eu hystyried yn ystod y Chweched Senedd mewn perthynas â:

- a) gwasanaethau iechyd;**
- b) gofal cymdeithasol a gofalwyr;**
- c) adfer yn dilyn COVID?**

Q2. In your view, what other key priorities should the Committee consider during the Sixth Senedd in relation to:

- a) health services;**
 - b) social care and carers;**
 - c) COVID recovery?**
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Gwasanaethau iechyd

Health services

This Committee and the Communications, Culture, Welsh Language, Sport and International Relations Committee should take a joint leadership role in developing a pan-Welsh Government approach to maximising the benefit physical activity can have on mental and physical wellbeing.

There is a particular opportunity to prioritise young people in the prevention agenda and ensure their access to physical activity is supported in everyday life.

Adfer yn dilyn COVID

COVID recovery

Sport as a universal approach is one of the Welsh Government's key policy tools in reaching out across a wide range of demographic challenges. We recognise that there are significant challenges across the three areas described above and there is no simple solution to the complexities of these specific priority areas.

We believe that sport can play a significant role in Covid-19 recovery, and this in turn will support our health services in Wales.

As well as continuing with our existing work, investment and a step-change in how funding is spent across multiple policy areas will allow the sector to grow its capabilities in targeting defined outcomes in a public health agenda, within community cohesion and in doing so be forensic in its approach to tackling inequalities.

Sport Wales's investment in the opportunities which drive a healthier nation can not only support a preventative agenda in terms of physical ill-health, but also the wider mental health agenda.

There are numerous opportunities to build on existing collaborative approaches such as that within the Healthy Weight: Healthy Wales (HWHW) strategy. This is a long-term strategic commitment which has brought together different sectors and stakeholders and contains the mechanisms by which to deliver a collective approach.

Any funding in the HWHW strategy would naturally need to be ring-fenced for physical activity interventions, and ensuring this cross-cutting policy approach is delivered effectively by Government and partners in this space will ensure that sport is having the necessary effect in supporting post-Covid resilience, which builds on early successes such as the Healthy and Active Fund and the Welsh Physical Activity Partnership between Sport Wales, Public Health Wales and Natural Resources Wales, which is a vehicle for coordinated activity on a cross-sector approach.

We would like to see the committee reflecting the need for integrated policy design in its work and look at the work that sport, active travel, active education settings and active workplaces can and are doing to embrace the concept of an active lifestyles population, which is creating the opportunities and habits for physical activity to drive the nation's wellbeing as part of daily routines.

We are also interested to see how the committee works specifically with the Children, Young People and Education Committee, following its predecessor's 2019 Physical Activity of Children and Young People Report and associated recommendations. Sport Wales has worked very closely with the team responsible for designing the Health and Wellbeing Area of Learning and Experience (AoLE), and are of the view, that properly implemented, this AoLE will deliver good opportunities for healthy, active experiences in the school setting. As the new curriculum is implemented in different stages over the next couple of years, we would like to see the Health and Social Care Committee pay close attention to how the physical activity and sport elements of the curriculum are supporting the nation's children to recover from the covid-19 pandemic and its effects.

Unrhyw faterion eraill

Any other issues

C3. A oes unrhyw faterion eraill yr hoffech dynnu sylw'r Pwyllgor atynt?

Q3. Are there any other issues you wish to draw to the Committee's attention?

Sport Wales is the main adviser to the Welsh Government on sport, and we have an independent board which sets our priorities, along with National Lottery funding which we also have the privilege of investing in sport across Wales. We receive an annual remit letter in which the Government sets out priorities which we must deliver, but it also invests trust in us delivering our strategic intents which are wider than the Government's own programme.

Whilst we understand the committee's role in scrutinising Government's Programme for Government, we would like to take this opportunity to raise awareness of our own plans and priorities which we hope will deliver a healthier, active nation and a preventative-focused health policy landscape, working across sectors.

We would like to work with the health and social care committee to ensure that the supportive work we can develop in this space is effectively utilised and the unique programmes of work which Sport Wales prides itself in undertaking; from healthier communities to active school environments to playing a part in community cohesion is all taking place alongside delivering the priorities which Welsh Government charge us with delivering.

Below, for information to the committee, we have set out our approach to five key policy areas which are strategically important to the delivery of an active nation, alongside our aims in supporting them.

Public Health and Wellbeing

The Vision for Sport is our platform to transform Wales into an active nation. We know that encouraging more people to become more active can lead to population level improvements in health outcomes and overall wellbeing. For this to be achieved it requires cross-sector engagement - sport, nor Sport Wales, can achieve this alone. There are growing international examples where-by establishing wellbeing as a national marker for success can ensure collective action in this area for example.

The Healthy Weight: Healthy Wales strategy and long-term strategic commitment has brought together different sectors and stakeholders and contains the mechanisms by which to deliver a collective approach. Yet, there is more that can be achieved with ambitious thinking centred on integrated policy design bringing together: sport, active travel, active education settings and workplaces, and truly embracing the concept of developing an active population. Our 2018 study, undertaken by Sheffield Hallam University¹, confirmed that with every £1 invested in sport there is a £2.88 return, both creating social and economic value for Wales, and increasing the capacity of the NHS. Investment in sport really can transform health and wellbeing.

¹ Sport Wales, Sport Industry Research Centre, Social Return on Investment, 2018 available at <https://www.sport.wales/content-vault/social-return-on-investment-in-sport/>

The Covid-19 crisis has also created a climate in which people's mental health has been hugely affected by economic pressures, isolation, and lack of access to community based physical activity. We recognise the essential need to support mental health as we move into a new phase of recovery following the pandemic. The benefits of physical activity in supporting mental health and opportunities in developing this are vast. Sport and physical activity can and should, play a significant role in this.

Therefore; in the Sixth Senedd, Sport Wales would like to see an increased emphasis on the value sport and physical activity has in the preventative health agenda; and further growth in the profile of the role of sport and physical activity in supporting mental health.

Active, resilient young people

An enhanced offer to young people must be made to make progress against both the Future Generations Wellbeing Goals and the UN Convention on the Rights of the Child. The international examples of this success, such as the Norwegian rights of the child, are a positive example of how sport can put developing young people at the heart of its agenda.

Creating good quality, equal opportunities for young people to access physical activity in the from the earliest age, supporting teacher training, and an opportunity to rethink schools' place at the heart of communities are opportunities to provide an enhanced offer in the Sixth Senedd, whilst the new curriculum is embedded in our schools.

Therefore, in the Sixth Senedd, Sport Wales would like to see active education systems where the new curriculum combined with an enhanced school day will see a focus on schools becoming hubs of physical activity for the whole community.

Tackling Inequalities - Cohesive and Connected Communities

It is evident through our research, that sport, and physical activity is not always accessible to all communities in Wales. This clearly shows the need to take an intersectional approach to address gaps in participation across all groups. People who are unable to be active, due their economic situation, ability, or wide-ranging access requirements, need sport and physical activity brought to them, and potentially delivered in a different way.

Within the Government's Covid-19 reconstruction report², the opportunity to rebuild communities was identified. Increased access and the enhancement of green space; opportunities for active travel; improvements in local leisure facilities; and integrated transport options will support people to be active close to home – supporting their local communities and improving their health and wellbeing in the process.

Within local communities, we recognise the need to accelerate and widen our work in working with underrepresented population groups in sport. Sport is a platform that can promote inclusion, foster community cohesion and in some instances can tackle the social determinants of health such as crime, poverty, and systemic inequality. We hope to work with you to accelerate these positive wider impacts sport has across Wales.

Therefore, in the Sixth Senedd, while work on reconstructing communities after Covid-19 continues, Sport Wales would like to see the protection and promotion of community spaces that promote

² <https://gov.wales/coronavirus-reconstruction-challenges-and-priorities-html>, 6 October 2020

physical activity enhanced; with a cross-sector drive to make facilities within communities accessible to all.

Wales on the World Stage

Nowhere is Wales' global reputation more prominently enhanced than through its sporting success. The British Council's Soft Power Barometer Study noted, sport is our primary international influence. As we rebuild from Covid-19 the return to performance sport will be crucial to our sense of national identity.

At Sport Wales our strategy is focused on ensuring we showcase not just what we win, but how we win. Our investment and development in coaching programmes, performance institute resources and the athletes we work with, our support for parental engagement and the ongoing study of ethical athlete environments, all aim to establish Wales as a global leader in athlete development.

We want to be known across the world as a nation who utilise the power of sport for personal development, bringing social, cultural, educational, and economic success from the principles of a person-centred approach. We want Wales to be recognised as a nation who, through sport, maximises an individual's potential to be leaders and role models, in communities, business, culture, public services, or even to be a gold medal winning Welsh athlete.

Therefore, in the Sixth Senedd, Sport Wales would like to see a focus on the wider contribution our sporting ethos can have on supporting the next generation of athletes, encouraging the use of legacy funding at a community level and working with us in promoting a person-centred approach to sport.

Resilient and Digital Sector

The past 18 months have been a challenging time for the resilience of our sector. The impact of Covid-19 on the spectrum of sport is still developing and is unlikely to be fully understood for some time. In addition to the pandemic there have been other challenges. Many clubs and sport facilities suffered significant impacts from the 2020 flooding, highlighting the need to consider how environmental change can also threaten sport in Wales. Our work has helped support National Governing Bodies to take significant steps forward in their governance approaches, including establishing the Governance and Leadership Framework. We have supported organisations to put in place financial planning, organisational audits and commercialisation strategies under our existing approach. Greater investment will help ensure we build upon this work, responding to the needs of the sector and identify opportunities to build long-term resilience.

Recent challenges have also uncovered many positives about sport in Wales. The capacity of the sector to come together, support each other and the ability to adapt services to meet the need of the people of Wales in a short space of time was a huge success. We are exploring how we can utilise digitalisation to augment our own and our partners' work; and how new, emerging sports may foster new engagement and enhance sector resilience. Our complexity approach and way of working supports this innovation, and we look forward to working with you to explore how collaborative investment may enhance this.

Therefore, in the Sixth Senedd, Sport Wales will be aiming to work with the sector and others to explore how digitalisation and new emerging sports, can build sector resilience and how future investment in relation to this might be supported.

The five key priority areas set out above, and approaches to how we will work with the Senedd, will only be further enhanced by cross committee support. Sport Wales would therefore like to see the committee reflect the need for integrated policy design in its work; working proactively with other committees ensuring that sport and physical activity are embedded across multiple policy areas while actively urging the government to do the same.

Furthermore, Sport Wales embraces the complexity model of working which ensures that we are learning, and insight-led, and acknowledge that not every input has the same outcome. We are constantly looking for new and innovative ways to measure our impact, outside of traditional metric measures. We think being person-centred in this approach ensures we are working for the people of Wales and hope to lead the way in embracing this complexity-friendly way of working. Being person-centred also embodies our intersectional approach to the delivery of sport – ensuring that equality, diversity, and inclusion are central to improving participation and lifelong engagement in sport and physical activity. We would be pleased to inform the committee further on these approaches if useful.