



OSPREYS IN THE
COMMUNITY

ANNUAL REPORT
2018-19

WELCOME

I am delighted to introduce this year's Annual Report which makes very positive reading indeed.

On behalf of our Board of Trustees at Ospreys in the Community I would like to congratulate the staff, volunteers and all those organisations in the private, public and voluntary sectors for their continued support and making the many initiatives being reported on possible!

Ospreys In The Community has reached out to the many communities throughout Ospreyia and made a difference in terms of Education, a wide range of personal achievement, Health and Well Being and have

touched the lives of many groups and individuals alike young and not so young!

I am certain that the Board of Directors at the Ospreys have been extremely impressed by the range of activities and initiatives completed and will continue to provide their support and encouragement behind the scenes to ensure that OITC will go from strength to strength.

Very well done everyone!

Karl Napieralla OBE
Chair, Ospreys in the Community





44033

People engaged across the region

840

Events & Sessions delivered

8083

Attendees at Ospreys in the Community festivals held throughout the region

194

Employability sessions delivered



301

Visits by members of the Ospreys playing squad

16276

Unique participants

28

Primary School or Club Festivals delivered to children

4M

Impressions of Ospreys in the Community on Facebook & Twitter

235

Rugby leaders qualified

£23000

Worth of voluntary hours delivered in schools

IMPACT

APPEARANCES



16,276

People have had an interaction with Ospreys Players 2018/19

123

Number of events attended by the Ospreys squad

301

Appearances by the OITC Team

57

Number of community events attended by Ospreys 1st XV

41

School events attended by 43 players



MATCHDAY

8401 195

Community tickets sold to clubs and schools

Teams have taken part in match day activities



82

Teams played TAG Rugby at the Liberty Stadium.

6

Teams played contact rugby for the first time on the Liberty Stadium prior to Ospreys v Scarlets.

800

Children experienced what it's like to play as an Osprey at one of their first rugby experiences!

201

Cadets attended Forces Day at Ospreys v Stade Francais

Navy	48
RAF	37
Army	116

ATTENDANCE

TOP 5 VENUES FOR ATTENDANCE

LIBERTY STADIUM	8890
LLANDARCY ACADEMY	2248
COLEG Y CYMUNEDOL	1904
SWANSEA UNIVERSITY	1750
DUNVANT RFC	1550

ACTIVITY AT ATTENDANCE TOP 5

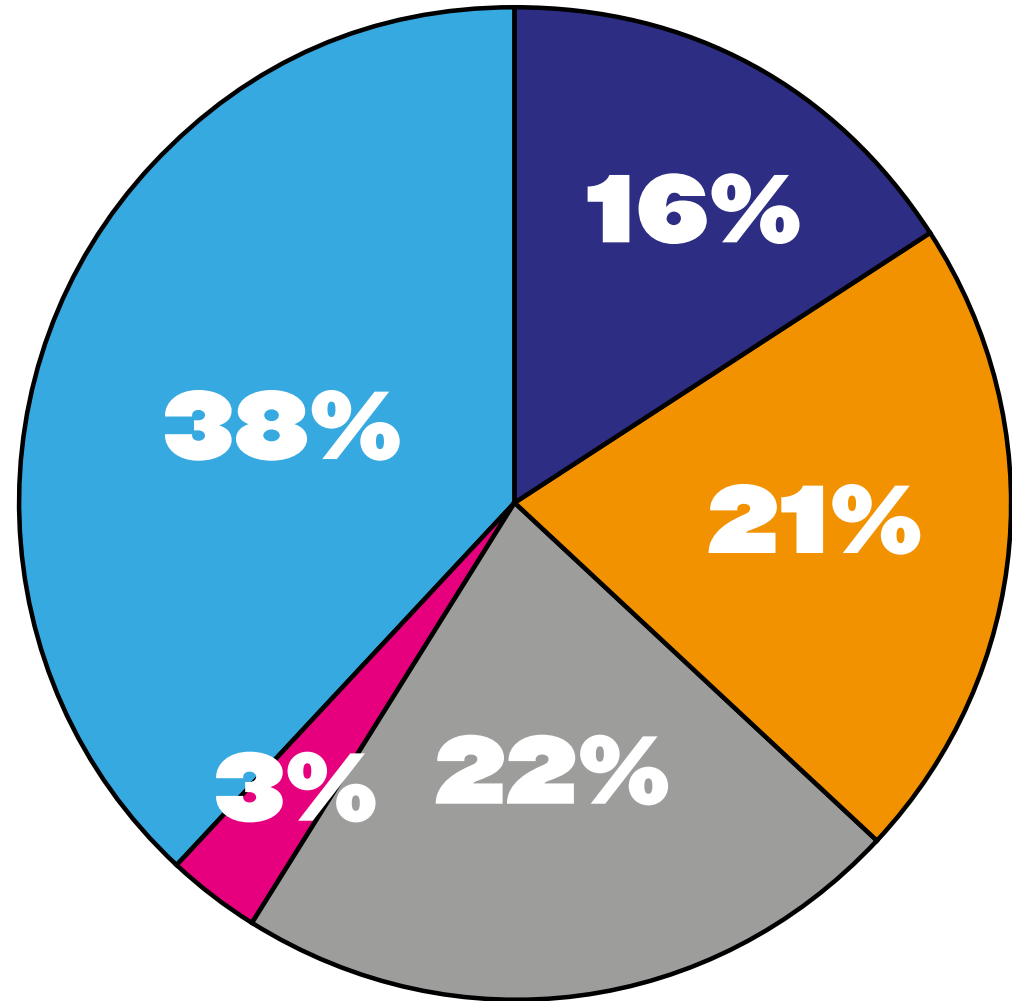
TAG	17398
OSPREYS PLAYER INTERACTION	16276
SKILL DEVELOPMENT	14698
MATCHES	13052
MULTI-SPORT	7002

HOURS OF DELIVERY SPENT ON

MULTI-SPORT	1510:30
CLASSROOM-BASED DELIVERY	1452
HEALTHY EATING WORKSHOPS	1173:30
INTERPERSONAL SKILL DEVELOPMENT	1151
WORKPLACE VISIT	1043

FINANCE

- 16% Grants
- 21% Commercial
- 22% Sponsorship/CSR
- 3% Donations
- 38% Contracts / Tenders



HEALTH

The Health Pillar aims at utilising sport and exercise to get the nation active, thinking about wellbeing and providing opportunities to take part in activities where they may not have been able to before. Helping contribute to people live well for longer.

All our programmes play their part in the Health & Wellbeing agenda, with our education programmes being aligned to the Curriculum, helping with mindfulness, self-esteem and improving confidence. We encourage individuals to be more active by taking part in our practical sessions delivered across the year.

In partnership with the ABMU – OitC have helped run fun and engaging rugby sessions for people with Brain injury or trauma. The weekly sessions at CCYD school Bridgend provide an opportunity for these individuals to play walking rugby and increase their activity levels in a safe, fun environment with people who have been through similar paths.

A partner in a successful bid to bring Sporting Memories to Wales in 2019/20 – a first of its kind in Wales, we joined forces with Cardiff City Foundation, Glamorgan Cricket and many more in delivering the reminiscence dementia programme across Wales.

Through our Schools education programme, we have delivered over 1100 Hours of healthy eating workshops, encouraging participants to be mindful of how food and exercise can help with tiredness, mood and general physical health.

Warburtons have helped to deliver these classroom-based workshops, to help pupils understand the importance of a balanced diet, what each food group can provide the body and where it comes from.



“

Sporting Memory sessions are relaxed and so much fun, they have been a pleasure to attend. Me and my family have been made to feel really welcome...”



INCLUSION

ICC'

#JerseyForAll has been ringing through Ospreyia this year with the introduction of our fantastic 'Inclusive Community Clubs' first launched in Heronsbridge School Bridgend, the weekly sessions are designed for anyone and everyone to be able to try rugby in a fun, safe and inclusive environment.

These sessions have proved to be a big hit with children attending both Morrision Leisure centre and Heronsbridge.

DISABILITY 6 NATIONS



2019 started with our first ever Disability festival at Llandarcy. Using the 6 Nations excitement we worked closely with Schools to plan a large event for all abilities, as an introduction to rugby. Working with the WRU, Disability Sport Wales and Neath Port Talbot Group of colleges, Llandarcy played host to 280 kids for a day of fun and excitement.

Participants had a go on our Canterbury Tackle'O'Meter, passing inflatable and our TACKLE Cage, including having a go at TAG rugby coached by 50 college students who had recently completed their rugby leaders. A fantastic day for all to get involved in, with no barriers.

Supported Disability Day in the LC with Disability Sport Wales & Pen Y Bryn

- 10 local Schools with around 100 children
- 10 Different sports Taster including Wheelchair rugby and TAG rugby.



The Skills Callum has learnt at the Ospreys ICC were definitely on show and we look forward to many more fun sessions..."

INCLUSION

OSPREYS WHEELCHAIR RUGBY

The Ospreys Wheelchair team have had another successful year.

Youth Team

Lord Taverners National Junior Champions with 4 wins from 4 in the national competition.

Senior Team

Now have more players than ever, with a development team starting up.

Super Series 1

Won 4 out of 5 games (losing by just 1 point to BURN WCR).

Stoke Mandeville Super Series 2 (pictured below)

Won 3 out of 5 games

Division 2 Super Series

Finished 4th

GBWR 5s Champions



AUTISM AWARENESS

Ospreys in the Community has undergone training and is now recognised as an 'Autism Aware Organisation' with all staff taking part in the awareness workshop run by National Autism Wales.

OITC were a sponsor for the National Autism Wales Conference – Promoting autistic wellbeing at the liberty stadium in 2018. Over 180 delegates attended to take part in workshops and let's get moving activities.

Ospreys in the Community has undergone training and is now recognised as an 'Autism Aware Organisation' with all staff taking part in the awareness workshop run by NAW.

“

[I learnt that] autism is something to be embraced with the right support and environment...”

INCLUSION



WALES DEAF SESSION WITH THE WRU & WALES DEAF

Llandarcy with 60 Kids in attendance with a hearing impairment from local schools Q & A with Welsh Deaf international and Ospreys Players.

HELP FOR HEROES RUGBY LEADERS

Provided rugby leaders qualification for injured veterans. The session was aimed at providing opportunities to reintegrate into local communities and provide qualifications.

WORCESTER WARRIORS, OITC & SWANSEA GLADIATORS

- Bonymaen RFC hosted a touch game between Worcester Homeless team and Ospreys Staff
- Swansea Gladiators took on Worcester Mixed ability team
- Before heading to the Liberty Stadium for Ospreys vs Worcester



INCLUSION

EDUCATION

TACKLE

Ospreys in the Community's TACKLE includes several programmes, which are designed to work with disaffected young people, aged from 12-24, who are disengaged with school, education or employment. It is an engagement initiative which aims to create a better future for young people facing tough challenges. TACKLE links enterprise, education and sport to highlight opportunity and potential in young people and is designed to develop skills, ability, increase self-esteem and boost confidence.

- This year has seen the **FIRST** ever welsh language programme launched at YGG Bryntawe.
- **Big Ideas Wales** have provided 5 Enterprise workshops.
- **20 workplace visits** have taken place where the learners get to visit local companies, organisations, partners to learn about job opportunities, entrepreneurship and being a boss.

Tackle

EDUCATION

180

Sessions delivered throughout 2018/19

80%

Of attendees returned to post 16 education

67

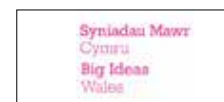
Learners gained vocational qualifications, with a combined attendance of 5227 hours!

61.29

Hours of programme delivery to disengaged learners

100

Mock interviews completed with various employees and careers advisors.



EDUCATION

RUGBY LEADERS

The Welsh Rugby Union - Rugby Leaders Qualification has played a bit part in OitC's Success in primary schools and secondary schools. Officers have delivered the course to 235 secondary school pupils all completing a Minimum of 10 hours' voluntary coaching back in their local feeder school (Worth £23,000) a lot of these young leaders have.

Adding to their qualification we have introduced a 100 Hour leaders' pathway, allowing budding young coaches to track their hours, gain extra qualifications along the way, with an outcome of being Level 1 UKCC qualified. 4 young coaches have completed their hours this year, earning them paid work at our holiday camps. The development of these coaches takes them on a journey to becoming a community coach within the region and helps us with sustainability of our programmes.



SCHOOLS PROGRAMME

3581 Pupils graduated from the programme in 18/19 building on the 4000 from the year before! With a new curriculum in sight, keep an eye out for an exciting new development in primary schools!

40

Classes welcomed an Ospreys player to their school to quiz them on life as an Osprey



39

Classes visited the Liberty Stadium for an interactive educational visit

23

Schools headed to SONY Technology Centre in Pencoed for a factory tour and to learn about the Raspberry Pi

EDUCATION

SPORT

RUGBY CAMPS

The introduction of our Senior camps last year has proved to be a popular decision with 121 13-17 year olds taking part in the day which introduces Strength and Conditioning, Rugby skills and a life style management workshop. Aimed at those wanting to take their game to the next level, we encourage this by teaching safe techniques to training and recovery.

Our 3 day camps have seen 360 attendees spend time at the home of the Ospreys Llandarcy academy of sport. Whilst training in some of the best facilities around, the kids get to make new friends, and meet the Ospreys. As part of our wider programmes, we utilise our young coaches and volunteers to support our fully trained coaches, this develops them to become the next generation of community coaches. The camps are designed to increase confidence.



31

Days of Rugby Camps delivered throughout the Ospreylian region

1465

Number of attendees to Ospreys in the Community Rugby Camps

17.5

Average number of hours each attendee spends in contact with OiTC

42%

of attendees are between 8-10 years old

531

Unique Attendees

362

New Attendees

68%

New Attendees

32%

Retention Rate



283

Rugby sessions delivered throughout the region

9100

Number of attendees of rugby sessions

SPORT



ALTERNATIVE GAMES

These primary school sessions are an introduction to TAG rugby basics, delivered in years 3, 4, 5 & 6. Through a 3-week period we aim to increase the pupil's activity levels through fun rugby and multi-sports games. Learning how and why the body warms up, what happens to their heart rate and breathing as they increase their activity levels. At the end of the term, schools will be invited to attend a festival to put all the practice into action against other local schools.

43

Sessions delivered in
Bridgend Schools

82

Sessions delivered in
NPT Schools

107

Sessions delivered in
Swansea Schools



133

Sessions included
TAG rugby

85

Sessions included
'Multi Sports'

8083

Attendees at Primary Schools
festivals within the region

16

Trosiad Welsh
language sessions
delivered to primary
schools

700

Attendees to Trosiad
Welsh language
sessions

SPORT

OSPREYS IN THE COMMUNITY ON TOUR

30

Children attended a week long camp at Army barracks in Sennelager, Germany

24

Teams battled it out in the OiTC & WRU Touch Rugby League at Swansea University over 10 weeks

250+

Number of players aged 14 - 65 attended OiTC & WRU Touch Rugby League



MiTOUR OSPREYS CHALLENGE

The second MiTour Osprey Challenge took place last May with teams from across Wales and Ireland coming together at CCYD School & Tondu RFC for two days of rugby packed action.



56

Teams attended the MiTour Ospreys Challenge in 2019

1500

People in total attended the MiTours event in year 1

100

Teams attended 2 day MiTour Ospreys Challenge event in Grimbsy RFC



SPORT

TOURING TEAMS

We played host to 3 Touring Teams who took part in our “Pro Experience” at Llandarcy, a taste of what its like to be a professional and train at the Home of the Ospreys.

WILSONS COLLEGE
BROMSGROVE RFC
WESLEY COLLEGE



CLUB NIGHTS

77 Clubs make up Ospreyia, and are the building blocks to the the National game. Our team goes on the road twice a year visiting 15 clubs with a roadshow of activities. A full mini – Junior coaching session takes place.

MUMBLES

ABERAVON GREEN STARS

BRYNCETHIN

YSTRADGYNLAIS

GOWERTON

BONYMAEN

PLYE

LOUGHOR

VARDRE

CEFN CRIBWR

A total of 67 new players signed up across these club nights, with one club reporting that a full U7's team was formed off the back of theirs.

SPORT

EXCITING THINGS TO COME...



SPORTING MEMORIES

OitC have been successful in helping bring Sporting Memories to Wales, helping those caring for or living with Dementia. Using sport as the conversation to encourage individuals to talk and introduce gentle exercise. 20 Groups across Swansea, Neath & Port Talbot by 2022.

DISABILITY WORLD CUP

Following the success of this years Disability 6 Nations, we will be riding on the excitement of the rugby world cup for our fully inclusive event back at Llandarcy!

NEW SCHOOLS PROGRAMME LAUNCH

Our popular Schools programme is having a makeover, currently in its pilot phase we will be launching early 2020, the curriculum linked programme will revolved around the Sony Raspberry PI, giving pupils the chance to create their own computer game!

HOMELESS RUGBY

Talks have started on how we form a Homeless rugby team as a support mechanism for those less fortunate and in need of support. We hope to provide various opportunities or outlets across the region for all to be involved.

WALKING RUGBY

Being able to stay in rugby isn't always easy, with injury, work, age etc. Walking rugby groups are being set up across the region to overcome age and ability and allow people to connect through sport into later life. Hopefully increasing activity levels, help with stress and mental health and providing opportunities.

IMPACT REPORT

We will be carrying out an impact report and a new 5 year Ospreys in the Community strategy is being developed.

SPORT