



Treherbert Community Asset Overview

A Condensed Summary of Priority Areas, Key Assets, and Next Steps

Introduction

This document summarises the insights from Treherbert Learning Community (TLC) members regarding the top three priority areas: Physical Activity Facilities & Access, Youth and Play Activities, and Good Quality Affordable Food. It highlights existing community assets, ongoing initiatives, and proposed next steps to improve local health and wellbeing.

Physical Activity Facilities & Access

Participants identified a wide range of assets supporting physical activity in Treherbert, including:

- **Community Clubs and Networks:** Local sports clubs (e.g., Treherbert RFC), Sport Ambassadors, and youth provisions (YEPS) promote participation and engagement
- **Public and Green Spaces:** Treherbert Park, Welcome to Our Woods, and Baglan Field offer valuable venues for outdoor activity
- **Training and Knowledge:** Programmes in local educational settings and organisations such as Valleys Kids, Welcome to Our Woods, Grow Rhondda, YEPS and Sport RCT help build skills and encourage involvement
- **Financial Opportunities:** Funding is available from various sources including the Be Active Fund and RCT Together Team to support facility improvements
- **Collaboration and Exploration:** Work closely with school sport ambassadors, WTOW volunteers, and local activity and play leaders to explore opportunities for a range of physical activities
- **Improving Access:** The long-term goal is to improve access to green spaces, gym access and activities for a range of ages

Areas to explore:

- **Balance Bike Park:** WTOW's balance bikes which are currently in storage could be used to create a dedicated cycling area for children
- **Food and Fun Programme:** Could bring nutrition, cookery, and play activities to Treherbert for the first 12 days of the summer holidays via local schools and local hubs
- **Green Gym/Trim Trail:** Plans for an outdoor gym and woodland trails could be explored by Sport RCT, Welcome to Our Woods and local schools and maintained by Sport Ambassadors and On Track volunteers
- **Sports Ambassador Training:** Promotion of recruiting and training young leaders for sport and physical activity (next session with Sport RCT: 17/10/2025)



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- **PIPYN Venue Search:** Identifying a community venue to host PIPYN and look for opportunities to collaborate and showcase to families who engage what is available in the area

Youth and Play Activities

The area benefits from strong social and physical assets supporting youth and play, including:

- **After School and Youth Clubs:** Run by Valley Kids, YEPS, OAP Hall, and Reading Rhondda
- **Qualified Youth Workers, Play Workers and Volunteers:** Trained staff and volunteers are important resources
- **Venues and Resources:** Baglan fields, Treherbert OAP Hall, Valleys Kids, and mobile provision (YEPS Van)
- **Public Services:** OAP hall, local schools, Valleys Kids, WTOW and grant funding underpin programme delivery
- **Improving Access:** The long-term goal is to improve access to play, youth and family activities in the area

Areas to explore:

- **Local Library:** Treorchy's library if shared wider could serve as a partner for literacy and community engagement
- **Expanded Play Schemes:** Develop play and youth activities in Blaencwm and Blaenrhondda
- **Treherbert Park Pavilion:** Refurbishment needed to host community events and programmes
- **Funding for Play:** More grant applications and partnerships required to expand family play options
- **Promotion of local indoor play centre:** Increase awareness and consider replicating successful models elsewhere. (Please note the play offer just sits outside of Treherbert and insights have detailed cost (more than one child) and access (can be fully booked) can sometimes be a problem which should be considered.
- **Junior Park Run:** There is an opportunity to explore a Junior Park Run in Treherbert Park if the community, local schools, and sport ambassadors are interested to explore. This would link in with Park run Primary Initiative



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Good Quality Affordable Food

Efforts to improve access to healthy, affordable food focus on:

- **Community & National Networks:** Partnerships with Food Sense Wales, RCT Food Partnership, and Grow Rhondda
- **Local Food Initiatives:** Programmes such as lunch clubs, edible playgrounds, and cooking classes
- **Physical Resources:** Community gardens, allotments, local shops, and school fruit tuck shops
- **Funding:** Grants from RCTCBC, Food Support Fund, and National Lottery
- **Improving Access:** The long-term goal is to improve access to good quality affordable food in Treherbert

Areas to explore:

- **Digital Inclusion:** Improve access to GP services for older adults through alternative booking support. Current online portal is creating challenges and affecting access
- **Cooking & Life Skills:** Increase delivery of classes within youth, children and family activities and within schools to enhance healthy eating and self-sufficiency
- **Community Growing Spaces:** Expand opportunities for food growing and environmental education
- **Community Food Initiatives:** Co-op in Treorchy is involved in a community food initiative. There is potential for collaboration or expansion into nearby areas like Treherbert to support food access

Experiments

TLC members proposed several practical experiments and next steps:

- **Physical Activity Facilities:** Record and promote walking trails, develop a Borrow Box for play and sport equipment, and build a Green Gym in Treherbert Park
- **Site Visits and Trials:** Organisations from the TLC (WTOW/Sport RCT) plan to set up in-person visits to Treherbert park and conduct trials for the proposed experiments. Link in with Health Promoting Schools team to engage schools with the development of the experiments
- **Play Opportunities:** Host Family Fun Day in Treherbert (Easter), hold regular meetings to coordinate youth, play and family activities, and avoid duplication of services. Provide updates on activity timetables and discover opportunities for collaboration and promotion
- **Food Initiatives:** Launch a mobile fruit and veg pantry, connect Grow Rhondda market stall with youth, play and family activities, and increase Food & Fun provision in local schools
- **Collaboration:** Emphasise joint working between the TLC, time to explore and progress experiments. Ensure schools, community organisations, and local volunteers representatives attend. Rotate TLC meetings across schools and key community venues



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Key Themes and Collaboration

- **Community Engagement:** Involve local community networks, volunteers, and sport ambassadors for greater participation
- **Sustainable Programmes:** Ensure youth, play and family activities are ongoing and non-duplicative
- **Collaboration with Schools:** Strong emphasis on working with educational settings to boost food and activity programmes
- **Funding and Resources:** Utilise available funds and resources to support various initiatives and experiments collectively
- **Health and Fitness:** Development of physical activity facilities and programmes to promote health and fitness within the local community