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Chern Tal Morgannwg
South Wales
Regional Partnership Board

Getfit. Wales

OBJECTIVES

Getfit.Wales is a free School programme that aims to explore and promote healthy development in participant's inclusion, wellbeing and behaviour. By using step trackers and incentivising attainment of step goals Getfit.Wales aims to support individuals to improve their physical activity and connect community vendors addressing issues effecting their health and wellbeing.

SOLUTIONS

The RIC Hub have coordinated the project and identified new partners in order to upscale the project and hopefully role out across Wales. Working alongside Newydd, Cardiff and Vale RIIC Hub, Public Health Wales, University of Trinity St David, Wales Institute of Digital Information and regional health board and community experts, we have been working on creating a new digital portal where it can be accessible to a lot more participants. As a collaborative we aim to seek funding to develop and grow this offer while also academically evaluating the impact.

BENEFITS

Benefits One

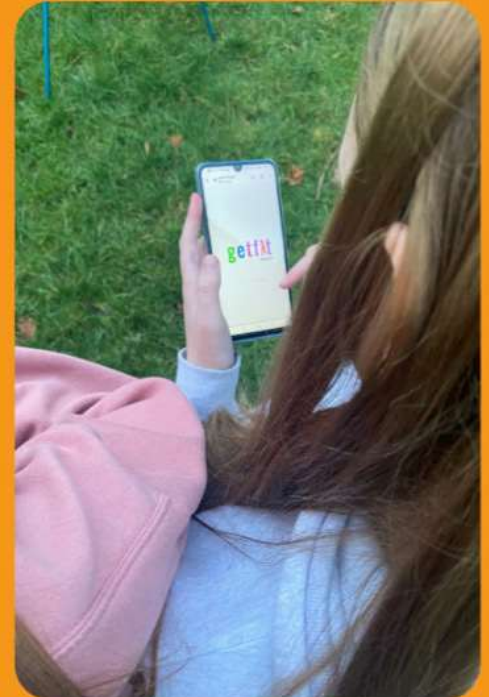
To build positive long-term habits for participants health, happiness and well-being

Benefits Two

To target population (patients on pre-diabetic and Cardiology waiting list) by working with Primary care colleagues at CTMUHB to improve wellbeing whilst waiting for appointments

Benefits Three

To provide access to technology and activities to participants through local businesses



"It's no secret that a positive change in lifestyle can have a really good effect on people's mental health. We know young people have been particularly impacted by the pandemic, and we wanted to find a way to lift their spirits, while benefitting their mental and physical fitness."

Lisa Voyle

Senior Project Officer at the
HAPI Project, Newydd

