



Sefydliad Cymru
Gweithgaredd Corfforol,
Iechyd a Chwaraeon

Welsh Institute
of Physical Activity,
Health and Sport

Annual Report 2024



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Can WIPAHS Help You?



At the Welsh Institute of Physical Activity, Health and Sport (WIPAHS), our core mission is to address health and well-being challenges identified by those directly involved in delivering initiatives and working on the ground. We are committed to effectively sharing knowledge with a wide range of audiences, with a strong focus on improving visibility and accessibility. We actively engage key stakeholders and the public in identifying important research questions.

Through collaboration and co-production, we aim to make a real difference to the people of Wales by tackling health inequalities. We focus on disseminating knowledge, increasing the accessibility of research, and promoting physical activity, while providing practical insights that can be easily integrated into both policy and practice.

Our goal is to strengthen research capacity across Wales by training the next generation of scientists and fostering strategic partnerships between Sport Wales, academics, businesses, and other stakeholders.

We are dedicated to developing approaches that leverage the transformative power of physical activity and sport to improve the lives of individuals in Wales, regardless of their background or location.



A Foreword from the Directors and Chairs of WIPAHS

As we mark the fifth year of the Welsh Institute of Physical Activity, Health and Sport (WIPAHS), 2024 has been a year of reflection, consolidation, and growth. Building upon the solid foundation established over the past years, we have focused on streamlining our processes, reinforcing our networks, and enhancing collaborations both locally and internationally. The experience and knowledge we have accumulated means we remain a trusted and agile partner in advancing physical activity, health, and sport across Wales. This year, our efforts have been dedicated to completing key projects including the 60+ Active Leisure Scheme evaluation and prioritising young people with Bridgend County Borough Council whilst also launching a new project affiliation process. This initiative has been designed to make our partnerships more dynamic, allowing us to respond swiftly to emerging priorities, ensuring that our work remains relevant and impactful. The enthusiasm of and commitment from our stakeholders in trialling this process has been overwhelmingly positive, and we look forward to seeing the outcomes.

This year we have continued to engage with practitioners, policy makers, and stakeholders to ensure that our research is both scientifically robust and applicable in real-world settings. In keeping with our ethos of translating research into action, WIPAHS has delivered evidence-based insights to support policy and practice. Furthermore, it has been a busy year with a wide range of expressions of interest submitted, including those in the areas of women's health and junior sport. Supporting community-led projects, means we draw on our extensive knowledge to provide rapid expert advice, and highlight our commitment to supporting health and well-being across the population.



Prof Kelly Mackintosh
Co-Director



Prof Melitta McNarry
Co-Director



Prof Niki Bolton
Interim Co-Chair and
Member of SMB



Mr Owen Hathway
SMB Co-Chair

Organisational Structure



Higher Education Institution Leads



WIPAHS Staff



Strategic Research Themes

At WIPAHS, we seek answers for real-life questions brought to us by stakeholders who need support in the physical activity, health and/or sport domains. To enable us to achieve this, we have appointed academic experts across eight key areas:

- Population Level Change
- Healthy Lifestyles
- Mental Health and Well-Being
- Health, Sport and Physical Activity Economics
- Behaviour Change
- Moving for Health
- Policy & Public Affairs
- Systems Approach for Health, Well-being and Physical Activity



Population Level Change

Dr Kelly Morgan
Senior Research Fellow
Cardiff University

Focused on exploring how factors such as a physical activity, sport and/or health have changed over time and in relation to specific drivers at a regional or national level.



Mental Health and Well-Being

Paul Sellars
Research Associate
Cardiff Metropolitan University

Focused on understanding and seeking ways to enhance mental health and well-being. This theme considers how people feel and their behaviour and their ability to achieve their goals.



Healthy Lifestyles

Dr Rachel Lord
Reader in Cardiovascular Physiology
Cardiff Metropolitan University

Focused on helping to understand the multiple, complex and interactive factors that influence lifestyle decisions and their impact on physical activity, health and well-being.



Health, Sport, and Physical Activity Economics

Katherine Cullen
Health Economist
Swansea University

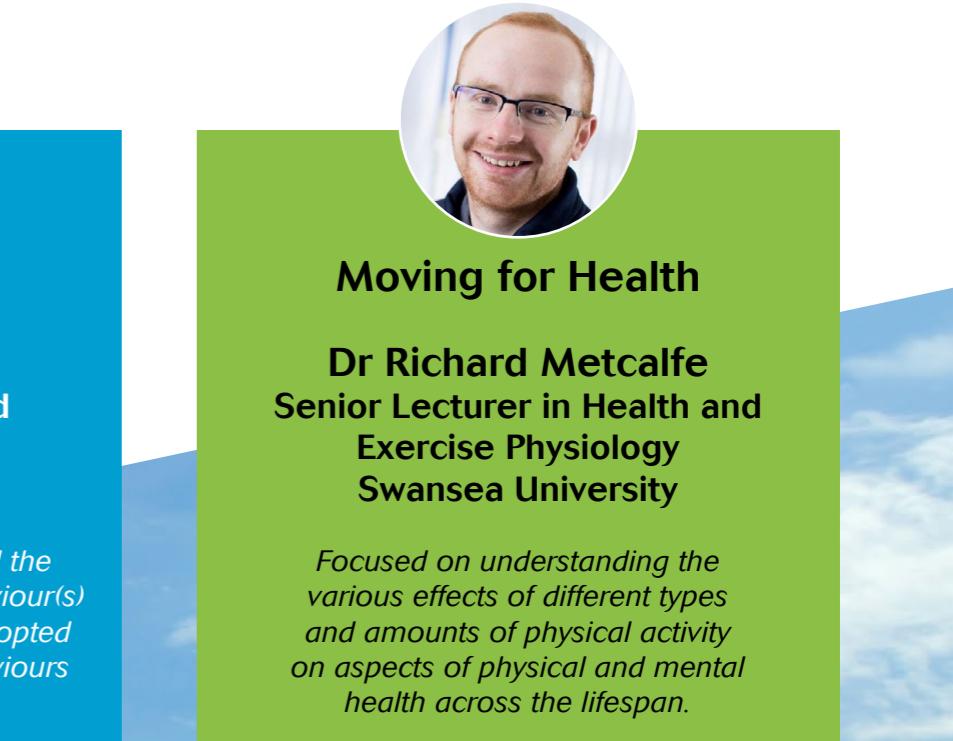
Focused on understanding the economic impacts of improving access to and engagement with health, sport and physical activity in Wales.



Behaviour Change

Prof Joanne Hudson
Professor of Exercise and Sport Psychology
Swansea University

Focused on helping to understand the factors that influence people's behaviour(s) and the approaches that can be adopted to promote changes in those behaviours across the lifespan.



Moving for Health

Dr Richard Metcalfe
Senior Lecturer in Health and Exercise Physiology
Swansea University

Focused on understanding the various effects of different types and amounts of physical activity on aspects of physical and mental health across the lifespan.



Policy & Public Affairs

Prof Niki Bolton
Professor of Strategic Policy and Practice
Cardiff Metropolitan University

+

Lauren Idowu
Principal Health Promotion Specialist
Cardiff and Vale University Health Board

Focused on the factors influencing the translation of research into practice and policy at a local and national level. This theme seeks to specifically increase the translation and uptake of knowledge.



Systems Approach for Health, Well-Being and Physical Activity

Dawn Mitchell
Head of Physical Activity and Health
Cardiff Met Sport

Focused on whole-systems approaches which looks at tackling complex problems, such as physical inactivity, through a holistic and interdisciplinary lens, examining and mapping, all parts of the 'system' in which we live, to identify, understand and influence the levers and blockers to change.

2024 Project Highlights

60+ Evaluation

The evaluation of the 60+ Active Leisure Scheme (ALS) was conducted by WIPAHS between 2022 and 2024. The scheme began in 2021 as part of the Healthy Weight Healthy Wales delivery plan and aimed to reduce health disparities and social isolation among individuals in Wales over 60 years of age through the provision of physical activity opportunities with a promotional introductory offer. Throughout the evaluation of the scheme, members of the WIPAHS team conducted interviews with local authority representatives and focus groups with older adults eligible to participate in the scheme, analysed participant datasets, and conducted learning events for Local Authority representatives implementing the scheme.

This scheme enabled over 8,000 people to participate, in a wide range of activities including dance, rock climbing and circuit classes, tailored to the interests of the local community. The scheme was identified as having physical and mental health benefits, not least decreased loneliness and increased friendship and support networks through the group-based activities and social opportunities integrated within the scheme.

However, numerous challenges were identified, including transport to the sessions and engaging key target population groups, such as those living in deprivation. The alignment of the 60+ ALS with the National Exercise Referral Scheme was seen to be a key benefit for participants.



Bridgend Active Young People Department: Family Active Zone

The Family Active Zone (FAZ) programme, developed by Bridgend County Borough Council's Active Young People Department, aims to foster children's physical activity, social skills, and healthy eating habits through family-inclusive sessions. WIPAHS was asked to evaluate the impact of FAZ to inform future practice and the feasibility of rolling out FAZ on a wider scale. Using surveys, interviews, and staff feedback, high satisfaction rates were reported, with 100% of parents recommending the programme. Parents appreciated learning enjoyable activities to do with their children at home, and many reported enhanced confidence and social skills in their children.

Key findings highlight FAZ's success in promoting family engagement, with children benefitting from improved motor skills, social interaction, and self-confidence. However, challenges remain, particularly around scheduling flexibility for parents and securing ongoing funding. Recommendations included creating clear messaging around FAZ's purpose, gathering children's feedback for a comprehensive evaluation, and expanding FAZ to additional schools while maintaining flexibility in delivery. Continued support through partnerships could help address sustainability concerns, ensuring FAZ's positive impact on children's well-being and community engagement.

FAZ represents a promising model for enhancing physical and social development in young children, highlighting the value of family involvement in active lifestyle initiatives.

Click here to view the report



Sit Less! Be Active! Play More!

Following the WIPAHS Roadshow in 2022, a Paediatric Consultant from Cardiff and Vale University Health Board submitted an expression of interest, regarding understanding and promoting paediatric patients' physical activity levels. A successful, well-attended workshop was run in 2023 to gain insights into, and educate, healthcare professionals on their approaches to discussing physical activity and sedentary behaviour with paediatric patients.

Following the workshop, a research study was conducted, using a survey of 41 healthcare practitioners across Wales, which highlighted a strong consensus (100%) on the importance of promoting physical activity within clinical care. However, despite this, only 63% of respondents felt that physical activity was adequately addressed in their services, with this figure declining for exercise (56%) and sedentary behaviour (49%).

Key barriers to the promotion of PA identified included limited resources, time constraints, and knowledge gaps, while access to community-based resources and consistent terminology were seen as facilitators. Recommendations emphasise the need for clear, consistent messaging, further role delineation within multidisciplinary teams, and the development of a clinician toolkit to aid in physical activity promotion.

Despite high confidence among practitioners, disparities in approaches suggest a need for enhanced training and resources to optimise discussions. Future steps include refining communication practices and increasing community engagement to support children's physical activity as a core aspect of health management.

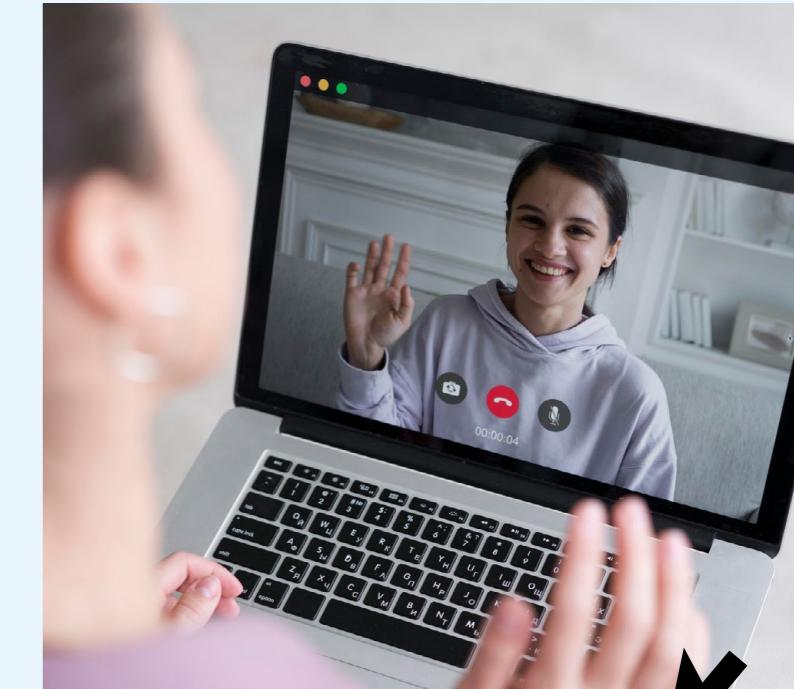


Bridgend Active Young People Department: SHRN Consultation

Twenty-two primary schools across Bridgend participated in the School Health Research Network survey in 2023.

WIPAHS have conducted follow-up focus groups at six schools, with children aged 9-11 years to explore some of the questions that were asked in the School Health Research Network survey.

The data from the focus groups is being analysed to help the AYPD further tailor their programmes to meet the needs of the children within the Borough.



A webinar has been planned for February 2025 to disseminate these results. Sign up here!



WIPAHS Stakeholder Engagement and Knowledge-Sharing Activities

During 2024, members of the WIPAHS team participated in a range of activities focused on stakeholder engagement, community outreach, and knowledge exchange. These included:

- Representation at multiple Youth Sport Trust events, including their national conference;
- Delivery of a workshop at the Pan-Wales Postgraduate Research Student Sport and Exercise Sciences Conference;
- A submission to the Global Observatory of Physical Activity on behalf of Public Health Wales;
- [A response to the Children, Young People and Education inquiry into the Residential Outdoor Education \(Wales\) Bill in collaboration with the Royal College of Paediatric and Child Health;](#)
- Various social media campaigns, sharing health and well-being knowledge on World Physical Activity Day and International Day of the Child.

“It was a privilege to work with WIPAHS who were able to offer a wealth of up-to-date and relevant expertise which I can now relate back to my project. WIPAHS were helpfully able to use many examples of good practice and to present in a relatable language so as I could follow! ”

Health Disability Pathway Practitioner



Focus on: WIPAHS Workshops

Throughout the last year, WIPAHS have delivered workshops on various topics including evaluation and co-creation of research with stakeholders. As part of the WIPAHS mission, we want to train future researchers and so disseminating this knowledge is of paramount importance to us.

Workshops include those at the Pan-Wales Postgraduate Research Student Sport and Exercise Sciences Conference and to practitioners as part of the Health Disability Pathway in conjunction with Disability Sport Wales and NHS Wales.

Focus on: South Gower Football Club

A grassroots coach approached WIPAHS for guidance on effective warm-up activities for her junior team after receiving varied advice from other coaches, parents, and the players themselves. Committed to supporting local organisations through collaboration, WIPAHS leveraged its connections with the Welsh Institute of Performance Science (WIPS) and Sport Wales to review existing research on this topic. WIPS and Sport Wales, in partnership with the Football Association of Wales (FAW), provided tailored guidance and resources to support the coach's efforts, ensuring alignment with best practices in youth sports development.



“I found working with you very helpful. Having the chance to chat through what I'd already been doing in my warm-up gave me confidence and I was very grateful for the resource that you sourced. ”

Grassroots Coach

Focus on: Women's Tag Rugby Team

A group of women in Morriston, Swansea, came together to get active through tag rugby, initially meeting informally at the Morriston School pitch, where friends with rugby experience helped teach basic skills. The activity quickly grew in popularity, with women of varying ages and fitness levels joining in. To support their interest in forming an official team, the group sought support from WIPAHS for resources, funding, and guidance on injury prevention to safely and sustainably expand their participation in tag rugby.

WIPAHS responded to their needs by using its pan-Wales network to gather insights from universities on existing resources for women in sports. Dr Rachel Lord from Cardiff Met and CAWR highlighted ongoing work with the Welsh Rugby Union (WRU) where researchers were developing fact sheets on women's health topics in rugby, including pelvic health, menopause, and injury prevention. The first of these, focusing on pelvic health, is already available, with more forthcoming on the WRU website. By sharing these resources, WIPAHS aims to provide relevant, evidence-based information for the group's needs and is available to discuss further support, helping the team grow safely and confidently in their sport.



“The session was really valuable! We were able to hear about a range of speakers' experiences with co-productive research, discussing the pros, cons and practicalities! As a PhD student engaging multiple stakeholders in my project, it was very beneficial to gain so many insights and engage in interactive tasks and discussions. ”

Postgraduate Research Student

Spotlight on Projects Underway

Women's Physical Activity, Health and Sport Network

Led by Prof Melitta McNarry, funding was sourced from the Wales Innovation Network (WIN), which aims to harness the strengths of Welsh universities to support growth in external research income capture and deliver impact for Wales. Ideally placed, WIPAHS, in collaboration with the [Welsh Institute of Performance Science \(WIPS\)](#), have proactively targeted women's physical activity and health research. Indeed, this Special Interest Group serves as a dynamic testbed for developing pan-Wales research initiatives specifically aligning to priorities with national policy objectives, driving innovation and impact across Wales.

The network has been established to advance women's physical activity, health and sport research; from menarche to menopause. The group comprises experts in physiology, genetics, psychology, physical activity, behaviour change, primary care, and health economics, whilst also integrating with public representatives, such as Welsh Government, National Health Service (NHS), Sport Wales, Public Health Wales, and Fair Treatment for the Women of Wales. We sought to develop a series of interconnected projects through an initial sandpit event and subsequent focused workshops designed to identify priority, and indeed novel, research areas, and associated funding opportunities. At the initial Sandpit event in May 2024, five subsequent project-specific workshops were identified and were delivered in June and July 2024. The integration of key stakeholders, and public involvement, has ensured that the topic areas will support the Period Proud Wales Action Plan and the upcoming Women's Health Plan, which are key Welsh Government priorities.

As a result of the workshops, multiple funding bids have been, or are in the process of being submitted to continue developing projects in this area to further improve research and outcomes in women's physical activity, health and sport.



Bridgend Young Leadership Project



An in-depth evaluation has been taking place of The Young Leadership programme, which has been active in Bridgend for 16 years and received considerable attention as a leading model in South Wales. Students join at 13 years of age and there are opportunities to continue into adulthood.

Data has been collected from 86 young leaders, throughout their first year of participation which includes longitudinal surveys and post-first year focus groups. Individual interviews have also been conducted with members of the active young people department who helped to develop and lead the programme, together with adults who were previously part of the programme, members of school staff who are involved in the programme and finally one member of staff from a local organisation who have expressed an interest in the programme.

The data is currently under analysis, and a comprehensive evaluation report is scheduled for release in early 2025. This report will support the ongoing efforts of the team in Bridgend who deliver on the Young Leadership programme and help to guide the continued development of the programme, ensuring its relevance and success.

WIPAHS Postgraduate Students

Cymru Kids PhD - Faith Goodliffe

Faith obtained a BSc in Sport and Exercise Sciences from Swansea University which sparked a passion to learn more about physical activity and mental health in her beloved country of Wales.

The Cymru Kids project, involves the tracking of physical activity levels, mental health, and well-being in young people across Wales. Using accelerometers and surveys, the project seeks to identify areas of disparity or need and thereby feed into policies and practices in Wales and beyond.

ScootFit PhD - Cerys Cole

Cerys's undergraduate studies and passion for competitive swimming fuelled her interest in children's physical activity and health, which ultimately led to her current research focus.

The ScootFit PhD investigates the impact of hypermobility on children and, specifically, how their symptoms impact their physical activity.

It will help to understand how children's hypermobility influences balance, coordination, physical fitness, and sport performance. A key aspect will be the inclusion of a scooter-based intervention, provided by [ScootFit](#), to assess hypermobility, promote balance, enhance physical activity levels and promote overall health among the children.



Scoot FIT

#ifyougoigo - Torfaen County Borough Council MSc by Research - Ines Affany

Ines completed a BSc in Psychology at Manchester University where her dissertation focused on a qualitative analysis of the barriers and facilitators impacting female undergraduate students' exercise participation. Physical activity and sports have always been an integral part of Ines' life, making this area of research especially meaningful to her.

Subsequently, in collaboration with the [Torfaen Sports Development Team](#), Ines will be assessing the effectiveness of the [#ifyougoigo](#) 10-week programme designed to tackle the gender gap in exercise participation. Leveraging aspects such as health literacy and facility accessibility, this programme aims to foster a sense of empowerment and promote sustainable, health-centred lifestyle change for women through physical activity.

WIPAHS Affiliated Project

WIPAHS have now established an Affiliated Project route which is available to those interested in benefiting from the expertise and visibility of the WIPAHS network. Specifically, this route provides a pathway to access pan-Wales expertise to support and inform the development of projects external to the WIPAHS project portfolio. WIPAHS may also be able to help with recruitment, advertisement and dissemination of projects, helping to optimise their reach and potential impact.

In return for this input, affiliated project leaders are required to provide brief updates as and when needed including for future annual reports and to appropriately identify the input of WIPAHS in all project outputs.



Example Affiliated Project: Cold Water Immersion Therapy

WIPAHS were approached by a Health Board to provide expertise and support in Cold Water Immersion Therapy techniques. As this fell outside of the remit and expertise of WIPAHS members, the opportunity was circulated throughout all eight HEIs to identify appropriate researchers. This project is being pursued by Dr Denise Hill of Swansea with an affiliation to WIPAHS.



“I thoroughly enjoyed my time as a WIPAHS research assistant. It was a great opportunity to gain experience collaborating with academics from universities across Wales and develop my research skills whilst contributing to a valuable initiative.”

Emily Smith
WIPAHS

WIPAHS Collaborations



**YOUTH
SPORT
TRUST**

This year, WIPAHS strengthened its collaboration with the Youth Sport Trust (YST) by actively participating in their research events, facilitating valuable networking opportunities and knowledge exchange with other field experts. At the YST research event in March, Dr Amie Richards presented the foundational principles of WIPAHS, while Prof Kelly Mackintosh contributed as a panellist, offering insights on collaborative research and stakeholder engagement.

“As part of our drive to improve systems working, YST run regular research events to facilitate sector-wide sharing and promote collaboration across a network of academics, researchers, and government officials. The recent presentation by WIPAHS was inspirational; demonstrating the power of what can be achieved with greater collaboration and showing how models like these can be used to reduce duplication and magnify impact. ”

Amanda Vernalls,
Head of Research & Insight
at Youth Sport Trust



HEPA Europe

European Network for the Promotion
of Health-Enhancing Physical Activity

WIPAHS had a strong presence at the World Health Organization's Health-Enhancing Physical Activity (HEPA) Europe conference held in Dublin this year. Prof Di Crone presented on "Addressing inequalities in participation: Developing an inclusive sport and physical activity system across Wales, UK."

Following Dr Amie Richards' selection for the HEPA Early Career Researcher (ECR) Fellowship during 2023, another member of WIPAHS, Paul Sellars was a WIPAHS representative on the HEPA ECR programme for 2024. Paul's project, "Moving with nature: developing guidelines to promote physical activity in nature for those living with mental health problems" sought to identify practical recommendations for physical activity in nature for enhanced well-being of those with mental health problems. Additionally, Paul presented his research concerning social prescription, "Promoting health enhancing physical activity through social prescribing in Wales: A delivery and recommendations framework for nature-based well-being support programmes". It is hoped that the findings from both these projects will go towards supporting the health and well-being of people and the natural environment.



Prof Kelly Mackintosh is part of the Steering Committee and is the liaison officer for the monitoring and surveillance of physical activity working group. Further, Prof Mackintosh has now been appointed as the co-chair of the Children and Adolescents working group, in which Dr Amie Richards' valuable research for Active Healthy Kids will be used to further develop the work.

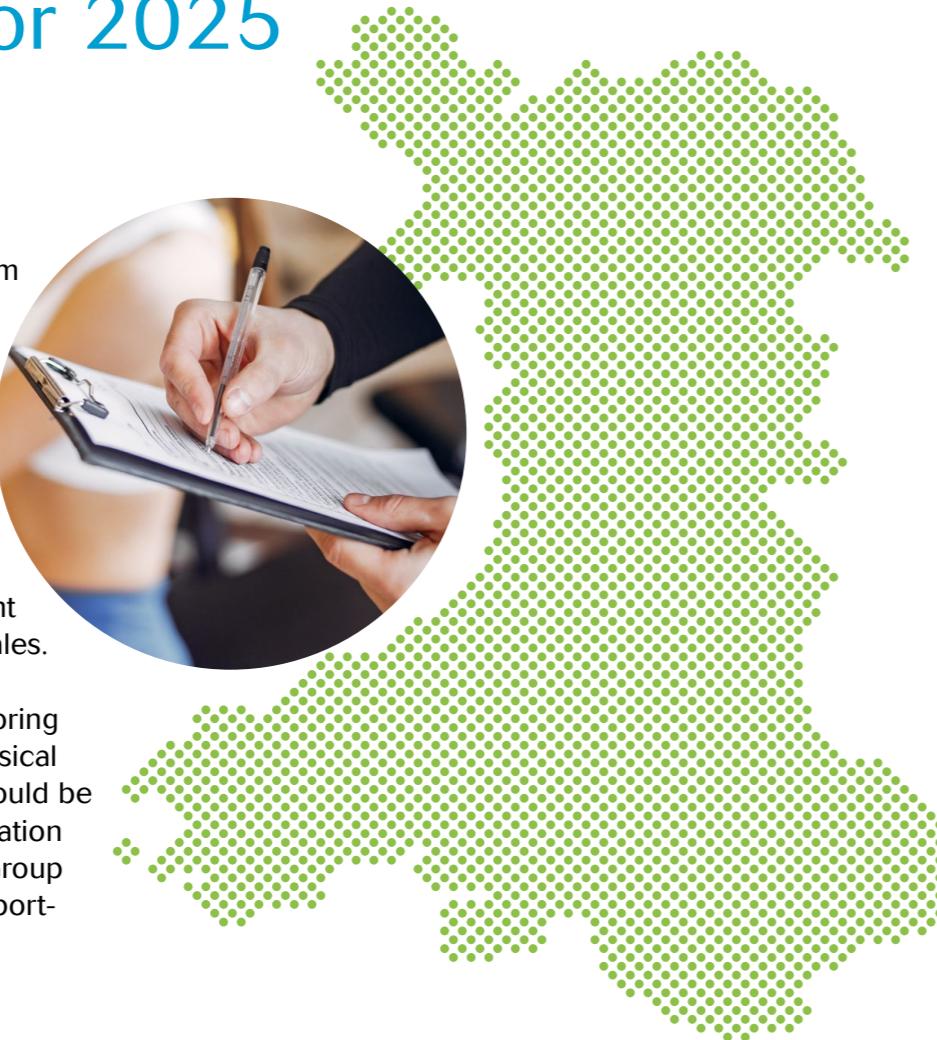
Moreover, Cymru Kids, a longstanding WIPAHS project which seeks to monitor children and adolescents' physical activity levels across Wales, will be expanded to develop national physical activity surveillance guidance for countries across Europe.



In the Pipeline for 2025

Public Health Wales and the National Survey for Wales

During 2024 we were approached by a team from Cardiff and Vale Local Public Health to discuss the questions used in the National Survey for Wales (NSfW) around physical activity, health and sport. Following these initial conversations, in early 2025 we will now be working alongside the Public Health Wales' Physical Activity Programme via a grant allocation, to lead on a phased project to analyse and facilitate improvement of the physical activity data landscape in Wales.



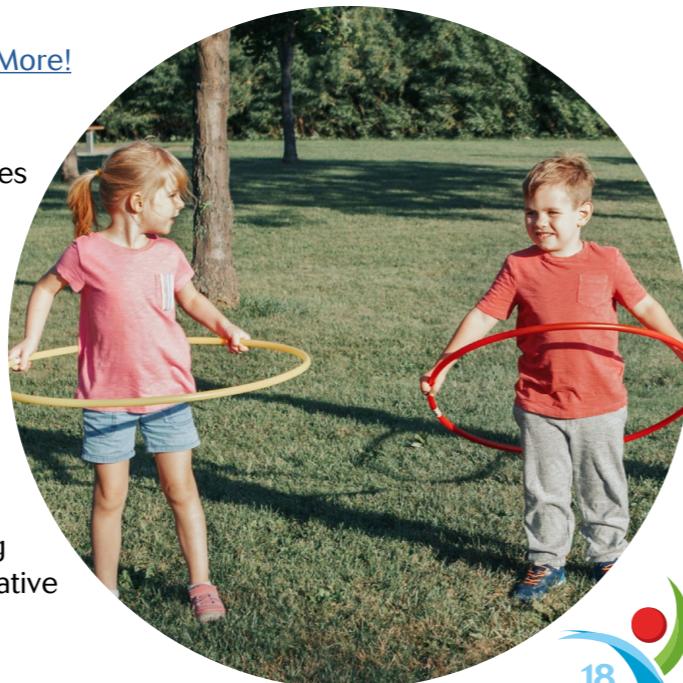
The first phase will focus on the NSW, exploring in detail what the data can tell us about physical activity in Wales and to identify areas that could be strengthened. This will be done through creation of a Physical Activity Data Expert Working Group to review the current physical activity and sport-related questions and afford suggestions to enhance future data.

Moreover, the group seeks to consider the inclusion of questions specifically designed to capture sedentary behaviour and screen time to provide a more complete picture of physical inactivity and its impact on health.

Translation of Research

Building on the success of our [Sit Less! Be Active! Play More!](#) project, we are now focused on ensuring this research makes a real impact in practice. To achieve this, we are collaborating with Dr Nick Wilkinson, the Officer for Wales at the Royal College of Paediatrics and Child Health, to translate these findings into meaningful action. Together, we aim to secure funding to co-produce a practical toolkit with practitioners in the field.

This toolkit will empower healthcare professionals to engage paediatric patients and their families in conversations about increasing physical activity and reducing sedentary behaviours. Our research identified significant disparities in current approaches, highlighting the need for a unified, cohesive strategy, which this initiative seeks to address.



Thank You!

Collaborators

We would like to thank all organisations who have provided financial contributions (direct or in-kind) or contributed to the running of WIPAHS's infrastructure and to individual projects.



Project Contributors

Ines Affany	Swansea University
Dr Marco Arkesteyn	Aberystwyth University
Professor Niki Bolton	Cardiff Metropolitan University
Dr Paula Briggs	Liverpool Women's NHS Foundation Trust
Dr Natalie Brown	Welsh Institute of Performance Science
Dr Sarah Brown	Cardiff Metropolitan University
Dr Rachel Churm	Swansea University
Cerys Cole	Swansea University
Dr Alison Cooper	Cardiff University
Dr Lauren Copeland	Cardiff Metropolitan University
Professor Diane Crone	Cardiff Metropolitan University
Katherine Cullen	Swansea University
Dr Sarah Denford	University of Bristol
David Gardner	University of Wales Trinity Saint David
Faith Goodliffe	Swansea University
Dr Rachel Grange	Bangor University
Dr Sophie Harrison	Bangor University
Dr Denise Hill	Swansea University
Professor Joanne Hudson	Swansea University
Sarah Jones	Cardiff and Vale University Health Board
Dr Robyn Jackowich	Cardiff University
Dr Rachel Knight	NHS Wales & Disability Sport Wales
Stuart Lawrence	Torfaen County Council Sports Development
Dr Rachel Lord	Cardiff Metropolitan University
Professor Kelly Mackintosh	Swansea University
Professor Jamie MacDonald	Bangor University
Professor Melitta McNarry	Swansea University
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Dr Richard Metcalfe	Swansea University
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Dr Amie Richards	WIPAHS
James Rogers	ScootFit
Paul Sellars	Cardiff Metropolitan University
Emily Smith	WIPAHS
Dr Alex Swain	WIPAHS
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Dr Rhys Thatcher	Aberystwyth University
Prof Rhiannon Tudor Edwards	Bangor University
Dr Nalda Wainwright	University of Wales Trinity Saint David
Dr Nick Wilkinson	Cardiff and Vale University Health Board
Karen Winch	Bridgend County Borough Council – Active Young People Department

We would also like to thank all of the individuals who contributed to the projects highlighted in this report.



WIPAHS would also like to thank Dr Rachel Knight, Emily Smith and Steffan Berrow, outgoing members of the Research Steering Group and Fiona Cunnah, Welsh Government, who is leaving her role on the Strategic Management Board, for their contributions to WIPAHS during 2024.

Can WIPAHS Help You?

WIPAHS is here to help turn research into real-world practice. Whether your organisation needs support for workshops, exploring specific interests, evaluating services, or understanding current situations, WIPAHS can help you achieve this. We're a flexible research and evaluation network that can adapt to the unique needs and timelines of your project.

The diagram below highlights one way WIPAHS might approach a project; the loop shows that WIPAHS not only contributes to individual projects but also learns from them, using knowledge gained to benefit other projects as well.





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If you are interested in finding out how WIPAHS can help your organisation to answer important research and evaluation questions, provide your organisation with important insight, or identify collaborators, please do get in touch.

If you already have a specific project in mind, please complete our [expression of interest form](#).

We will then get in touch to discuss your needs.



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