



WRU REACH Project

Rugby, Education, Attainment, Cohesion and Health

Autumn update 2022

Background

- The Open University has worked with the WRU over past 3 years
- Initial work focused on desktop review of the Hub Programme 2014-2019
- Report delivered 2020 – identified important benefits, along with challenges to:
 - Programme delivery
 - Outcome measurement
- Essentially, Hub programme working, but not properly demonstrating its value
- Collaborative working extended - design, implementation and **evaluation** of an intervention to support young people's well-being through sport (rugby)

Key Aims:

- Insight into overall value of the Hub Programme
- Design of a specific intervention within the Hub Programme that can help in delivering this insight
- Understanding of the wider potential impact of the Hub Programme
- Building research capacity within the WRU
- Developing a model for implementation of similar programmes that includes evaluation as a core component
- Having a societal impact - contribute to health/sport/education policy in a meaningful way

Project overview

Four phases to research – based on MRC framework for design, implementation and evaluation of complex interventions

- Codesign phase (June – Nov 2022) – select 5 schools (1 per region), OU to engage staff and pupils
- Feasibility (Jan – June 2023) – use same 5 schools to test research model
- Pilot Study (September 2023 – June 2024) – 1 year pilot, 10 different schools (2 per region)
- Main Study (September 2024 – June 2026) – full study around 25 randomly selected schools (5 per region)

Co design phase

- Two groups of stakeholders:
 - Head teacher / Sports teachers (others?)
 - Pupils (11-12 year olds, males & females)
- Both groups brought together - separately - to discuss ideas re: focus / content / means of delivery of intervention
- Presented with ideas of what intervention 'might' look like and 'might' be delivered
- On back of these discussions, 'final' intervention design and means of delivery is confirmed