

Lewis – The Importance of Embedding Inclusive Sport and Physical Activity within Community Provision

Lewis attended the very first Super 1's disability cricket session in North Wales on the 23rd of March 2022 at Coleg Llandrillo in Rhos on Sea. Lewis was one of two participants who attended as the programme, like many new initiatives, took time to establish itself. For a number of weeks there were as many coaches as there was participants with both parents that attended roped in to increase numbers. Thankfully, Lewis and his new team mate took advantage of the personalised coaching and high level of support on offer, taking the opportunity to embed themselves as key parts of the group.

The Super 1s is a UK wide programme funded by Lord's Taverners designed to use cricket to enable disabled people between the ages of 12 – 25 years of age to improve their health and wellbeing as well as acquire new skills that will assist them in other areas of their life. Cricket Wales oversee the Welsh based provision with the local offer managed by the Ffit Conwy Leisure Development Team. The offer within Conwy has been based around developing an outlet that is community based, entirely separate to school provision, inviting the whole family to support and engage within the process. Whilst this inevitably means attendance takes time to build it does support a more sustainable approach, increasing the value and benefits on offer to those who take part – as and when they do.

Within the last 18 months Lewis has shown remarkable progress, not only as a cricketer but as a young man. His all round game has improved massively as he continues to develop his skills with both the bat and ball but it is his confidence that has improved the most, which is evident both at Super 1s sessions and when away from cricket.





Cricket has become a key part of Lewis' routine now who has attended over 60 sessions since he started and multiple festivals. The impact on the family has been significant with Lewis now keen to arrange both midweek and weekend family plans around his cricketing commitments and his older brother Tom also now attending weekly sessions with the Conwy Super 1s.

"Cricket with the Super 1's has helped Lewis in lots of ways. His confidence within himself as well as talking to his teammates and coaches – he's happy being in a group where he is not judged or criticised for not being the best. As part of having dyspraxia he struggled with co-ordination so watching him bat, bowl and catch now is amazing and seeing how much he has come on in the time with the team." - Lewis' Parents.

Above: Lewis attending the first ever Super 1's session in March 2022.

Below: Lewis (white cap) with the Conwy Super 1's Team at their first ever festival in Derbyshire in August 2022.

"Lewis was one of first young cricketers who attended our super 1 sessions, from the early days his enthusiasm and enjoyment of the game were clearly noticed. Lewis is eager to take part in all the core elements of cricket and has improved his own core skills from his first tentative days of practice to bowling with a straight arm and batting on a regular basis. With several cricket tournaments already under his belt, he has conducted himself exceptionally well. Lewis is on the pathway of becoming a fine all round cricketer and a pleasure to have in the squad." – Graeme Winterburn, Conwy Super 1s Lead Coach.



Above: Lewis in Pairs action with his brother, Tom, at a North Wales festival in September 2022