



## Boccia Busters

Boccia Busters is the NEW ingenious brain wave to get disable people in the community active. It was thought up by Rachel Child who is the leader of Cotswold Crusaders Boccia Club. The Cotswold Crusaders is the only public Boccia group in the county. We offered residential and care homes Boccia; we even brought the kit, however we found that transport and times were an issue by us going to them we have solved this problem.

This is where we met Cornerstones Centre! Cornerstones Centre attached to St Michael's church is based in Oakley in Cheltenham and comprises of a hall, charity shop, coffee shop, computer room, laundrette and room hire. Cornerstones approached Active Gloucestershire because they wanted to cover all areas of the community, the poor, old, different races and so on. They approached Active Gloucester for help finding activities for the disabled.

Rowland Clark, Head of Inclusion put them in contact with Boccia Busters. At first while we became established, they just used the Lets Play equipment which Active Gloucestershire loaned to them. They had fun playing with the balls but didn't really know what they were doing. But with professional guidance we have brought this engaging game to life! Rachel got funding for Level 1 coaching award and was able to practise her new skills on the group. (see pic below)

We play every Tuesday 3-4.30. The players love the game so much; they have brought their own t-shirts. Good friendships have been formed. We have 2 old, 2 physically disabled, a quadriplegic, and a player with a learning disability. When asked to describe coming to Boccia for me in 1 word, most of the comments are a sentence but this is what they said;

- it gives them something to look forward to
- love coming and having fun
- takes their minds off other thing in their lives which trouble them
- they feel they are being active in the Inclusive sport
- liberating
- joyful
- confidence has grown
- helps with anxiety and depression

