



Issue 49

Autumn 2022

SUPER 1s OFF TO A SUPER START

A new disability cricket programme has proved to be a massive success after launching earlier this year.

The Super 1s is a Lord Taverner's programme that aims to provide fun, meaningful opportunities for disabled cricketers aged between 12 and 25 years of age. Sessions started back in March indoors at Coleg Llandrillo with only a few youngsters attending to begin with, however numbers have grown since, which has allowed the hub to develop a team that has actually gone on to play against other Super 1 hubs across the UK.

Set up in partnership between Ffit Conwy's Leisure Development Team, Disability Sport Wales, Cricket Wales and Lord Taverner's, the Conwy hub is one of only three hubs in Wales and is already having an impact in the local community.

Conwy's Disability Sport Officer, Mark Richards, is leading on the project and said "We all know that sport and physical activity can have a massive impact on those who take part and this programme is no different. The players attending have already improved so much and it's been fantastic watching them develop as cricketers, however the real benefits of this programme go way beyond cricket.



"Seeing what weekly sessions, trips to festivals and playing as a team means to the players and their families is so powerful and something many of us take for granted. I'd urge anybody who is interested to get in touch to see what the offer is and how it can help them."

Weekly sessions are held every Wednesday at 6pm with sessions now having moved to Creuddyn Sports Hall in Penrhyn Bay for the winter. The sessions are suitable for complete beginners and those with a wide variety of impairments.

The Conwy based hub travelled to Darley Abbey in Derbyshire in August in what was the first fixture some of the players have ever been to. Everybody had an amazing time and players and parents were extremely grateful to their coaches – Graeme Winterburn and Matthew Kennedy – for supporting them.

The Conwy hub also hosted their own festival in September with teams travelling from all over the UK to attend, including from Derbyshire, Lancashire and Luton. The team has also since travelled to Warrington to take part in an indoor festival which was another great trip out with both individual and collective success.

Contact Mark Richards for information on the programme and how you can get involved on 07733 013004 or mark.richards@conwy.gov.uk



LORD'S TAVERNERS
Giving young people a sporting chance



MOCHDRE SPORTS ASSOCIATION



As winter approaches, Mochdre Sports Association continues to flourish in both our sports participation and social events. As a dual sports association, Football and Cricket, we are so busy with fixtures in both sports and the logistical challenge of overlapping seasons.

Achieving the smooth transition and keeping our facilities and Clubhouse in good order is down to the wonderful volunteers at the Sports Association, including our groundsmen in both the Football and Cricket sections and their dedicated work on the pitches and volunteers maintaining the clubhouse.

MOCHDRE FOOTBALL CLUB

Mochdre Sports F.C. recently made it to the first round of the JD Welsh Cup, hosting Cymru Championship side, Chirk AAA. Whilst the team didn't make it through to the next round, it was a fantastic experience for the club to host an opponent two tiers higher than ourselves in the Welsh system.

On October 29th, Mochdre Sports F.C. hosted Llanfair United in the 3rd round of the FAW trophy. We are partnering with Conwy Mind, with all proceeds from the game being donated to the charity. We also had fantastic raffle prizes to help raise even more money for Conwy Mind. The team wore their new strip which bears the Conwy Mind logo.

Our thriving junior football section continues to go from strength-to-strength with the stand up of our very first junior girls' team, Mochdre Girls U14s.

The next generation of footballers are in development, with weekly Saturday morning sessions held for Under 5 and Under 6 children, run by our club volunteer coaches.

Our junior football club hosted a fireworks display for our players and members on 6th November, to thank everyone for their ongoing hard work and commitment.



MOCHDRE CRICKET CLUB

Mochdre Cricket Club continue to successfully run three senior teams, two on Saturday and one on Sunday.

Our first eleven are in the North Wales Premier League and our Sunday squad are considered our 'development team'. This team gives our talented juniors the opportunity to contribute at senior level, whilst being a slightly less competitive arena. This year our Sunday team came second! This is an amazing achievement for which Mochdre CC is enormously proud.

We also continue to run 'All Stars', under 11s, under 13s and under 15s. The under 15s won their league this season before losing the North Wales Final. The Club hopes to build on the successes of last season in 2023, all new players are welcome!

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As a large Sports Association, we try to provide first class facilities and appreciate their support in return. We would like to thank the local community, sponsors and Conwy County Council for their support.

You can find out more at www.mochdre-sports.com



CONWY'S INSPORT SERIES MAKES A WELCOME RETURN

The insport Series made a welcome return to Colwyn Bay in September with over a hundred people turning out.

The event which is designed for disabled people and their family and friends aims to highlight what sport and physical activity opportunities are available in the local community, and it was brilliant to see so many people enjoying themselves after a two year absence.

There were over 10 sports and activities available on the day which included cricket, rugby, boccia, wheelchair basketball, football and hockey.

Mark Richards, Conwy's Disability Sport Wales Development Officer, said "It was brilliant to be able to put this event on again. Taster days like this have always been of huge importance for the disabled community as they provide a welcoming environment for those who are unsure about sport or physical activity, and an opportunity to turn up and see what is on offer without any obligation to attend clubs on a regular basis. We all know that sport and physical activity can play a huge role in improving a person's health and wellbeing and after the last few years, and the widening of health inequality for disabled people, it is integral that we do what we can to highlight the fantastic work that is being done by local clubs and their brilliant volunteers."

Disability and inclusive sport is growing again, however that growth is dependent on a number of key factors. One of these is the amount of volunteers who are willing to give up a few hours a week to play their part and contribute to the many clubs we have. Volunteering is a brilliant way of helping others whilst developing yourself and there is huge variety in the roles available.

If you would like to know more about what is available for disabled people to access sport and physical activity, or are interested in the various volunteering opportunities then please contact Mark Richards on either mark.richards@conwy.gov.uk or 07733 013004.





SWIM SAFE

TEACHING CHILDREN TO SWIM SAFELY

Following the Covid 19 pandemic, the number of people swimming and enjoying activities on local beaches throughout the UK has risen dramatically.

Unfortunately this is also seen an increase in the number of incidents, accidents and sadly fatalities taking place.

Swimsafe is a National scheme in the UK developed to improve safety awareness and improve water skills for individuals spending time on or around the water whether. This includes beaches, rivers lakes and ponds.

The Leisure Development team at Ffit Conwy worked in partnership with the RNLI, Swim England and a fantastic group of local volunteers from Colwyn Bay Surf Lifesaving club to run a programme of events throughout the summer months. These sessions were offered as part of the half term and summer holiday projects along with a pilot scheme for the local schools. A total of 42 sessions took place funded by the **Summer of Fun Grant Scheme** with almost 1000 participants attending in total.





Participants were taught important safety messages and how to act safely and appropriately in and around the water. They were also instructed on the principles of cold water shock, and how to deal with it.

Finally and most importantly, what they should do in the case of an emergency. The simple message of "float on your back like a starfish, relax and breathe" has been demonstrated to be a lifesaver repeatedly.

Further to the Colwyn Bay sessions, a group of enthusiastic volunteers from Llanfairfechan who are setting up a surf life-saving club in the village working in partnership with Ffit Conwy organised a further 4 sessions for local youngsters.

These took place on Llanfairfechan beach at the end of the summer holidays and proved really popular and a huge success. The club is aiming to launch in summer 2023 and will be advertised locally.

All the sessions were extremely well attended and received fantastic feedback from participants, parents and local schools. Lots more of these sessions are planned for 2023 and details will be available in due course from the team at Ffit Conwy.

To find out more about Swim Safe please visit swimsafe.org.uk





WELCOME TO COLWYN BOWMEN TARGET ARCHERY CLUB

Your Local Archery Club

During Covid our coaches attended online training courses which made our club stronger than ever when we returned to normal archery. With grants from Sport Wales we are now in a better position than ever before!

This last year has seen Ian "Freddy" Thomas win a Silver Medal at the UK Disability Championships. He also broke his personal best scores winning the Fletchers Cup for most improved archer.

Our club events team celebrated 10 years of introducing archery to our community with a very successful 'Start Archery Week' in May winning two UK wide completions. We also had an Achievement Award from Archery GB's Community Club Of The Year Award.

With our membership continuing to grow, our archers entering more competitions and our events team looking forward to more events, next year is looking to be another successful year.

We are always looking for new members to join our club and looking for new opportunities to provide archery to our community.

For further information please visit our website at colwynbowmen.com



A FRESH LOOK FOR CONWY THUNDER WHEELCHAIR SPORTS CLUB

The Club has a new look and are looking to recruit new players!

The wheelchair sports club based in Penrhyn Bay has taken time to review their offer and have restructured the club sessions to encourage a wider membership base over the last year. Whilst club membership continues to grow steadily the club are keen to ensure that sessions cater for as many people as possible but particularly for disabled people who cannot take part in 'running' sports and activities.

Wheelchair basketball is an inclusive sport that can be played by anybody with the sports chair utilised like any other piece of sports equipment. Therefore, it is ideal for physically impaired disabled people whether that be full time wheelchair users or those who walk or have prosthetic limbs.

The club places great value on creating a fun, welcoming, social environment for its members – one that isn't too competitive. Whilst there are opportunities to play matches in a North Wales League, or progress onto the National League outlets with the regional North Wales Knights, all of Thunder's sessions are based around participation and enjoyment.

The recent restructuring has also seen the club introduce multi-sport nights where wheelchair tennis, boccia and badminton can be played as well as wheelchair basketball.

Sessions take place weekly, on Thursday evenings:

Team Lightning – 6.15pm – 7.30pm

A fun, social and inclusive session ideal for both youngsters and adults new to the sport. Sessions are participant centred and based around individual progress and enjoyment.

Team Thunder – 7.45pm – 9.00pm

An opportunity to learn more about wheelchair basketball and how to play within a team. Developing the technical, tactical and physical elements of the game – and having fun!

Wheelchair basketball is an inclusive sport designed for disabled people with lower limb impairments such as; spinal injuries, cerebral palsy, spina bifida, amputees, club foot or any other long term condition that prevents people taking part in running sport.

Sessions are based at Creuddyn Sports Hall in Penrhyn Bay LL30 3LB and all equipment is provided.

For information contact

ConwyThunderWBC@gmail.com, Sean Ganley (07733 438650) or Mark Richards (07909 610834)





CONWY CYCLING PROGRAMME

Cycle training is back delivering to all year 5 and 6 pupils in Conwy. Since September the leisure team have delivered to over 45 schools and over 1000 pupils. The 'Bikeability' training includes learning both on and off road safety skills, riding positions and general Highway Code principals.

ELECTRIC BIKES

Conwy's leisure development team are continuing to deliver the electric bike scheme. This is now an integral part of the rural leisure offer. People can decide to join the fitness class or go along for the e-bike ride! Guided rides are a great way for people to feel safe during their first experience on an e-bike.

SCHOOL SPORTS

The team have been delivering a number of school sport sessions in partnership with The School Sports Team. This includes a number of schools receiving 6 weeks of sport and afterschool sport including gymnastics, football, multisport and more!

SUMMER HOLIDAYS

The rural team have been very busy over the summer period delivering many multisport activities in rural communities.



The team have also been delivering mountain biking sessions in Nant BH and Llyn Brenig. There have also been football camps in the heart of rural Conwy with over 1000 children taking part on a regular basis over the summer.

FITNESS / ONLINE FITNESS

The rural leisure fitness classes have been running across Rural Conwy and also include online classes such as YouTube videos for people to access at any time with sessions changing each week. Furthermore, there has been online Zoom Yoga and Pilates classes for people over 60 to enjoy!

CONFIDENCE GROUP

The team have also been running sessions to Conwy residents to help improve confidence levels and well-being. Some of the sessions include e-biking, climbing and paddle boarding. Thanks to the sessions, some members of the group have gone back to full time work.

FOR MORE INFORMATION CONTACT TIM.BALLAM@CONWY.GOV.UK



RHWYFO / ROWING

DEGANWY SEA ROWERS CLUB

Deganwy Rowers won this year's Welsh Sea Rowing 5 miles from Home Celtic Longboat Challenge 2022. Congratulations to all who took part!

We are part of Conwy Yacht Club and are proud to say that this was the first Welsh national competition we have entered. The challenge was to row a distance of 5 miles in the quickest time recorded on a tracking device and submit our time. The event was run back in April and we were awarded the trophy/ Blade at the last Beaumaris Row meet held last month.

Crew members were Glenn, Mark, Sue and at stroke Christian and coxed by Simon Halliday. We raced between Tal y Cafn and Conwy Bridge and the difference between winning and second place were seconds.



The club was founded a few years ago by Pete Hamer and Steve Wotherspoon, with 2 years of Covid-19 in between. We are an inclusive club, made up of novices aged between 18 and over 80s of all abilities. It has really made a difference and changed lives, created an environment of comradeship and making great new friends with the added benefit of keeping fit and mental wellbeing. If interested in taking part please make contact on our Facebook Page - **Deganwy Rowers CYC.**



PARA SNOW SPORTS WALES
CHWARAEON EIRA PARA CYMRU

CLUB NEWS

SKIING SESSION DATES

Put these in your diary! It is essential you book for each session regardless of whether you are a skier, volunteer or instructor. Dates are as follows:

**Saturday 3rd December • Saturday 7th January
Saturday 4th February**

Sit Skiers start at 10am and finish between by 11.30am
Stand skiers start at 11.30 and finish at 1pm
– please try and arrive a little earlier though!

Booking is essential via our Facebook Group - facebook.com/groups/parasnowsports-wales,
via the website at disabilityskiingwales.co.uk or on bookoo.com/parasnowsports-wales

ANNUAL CLUB MEMBERSHIP

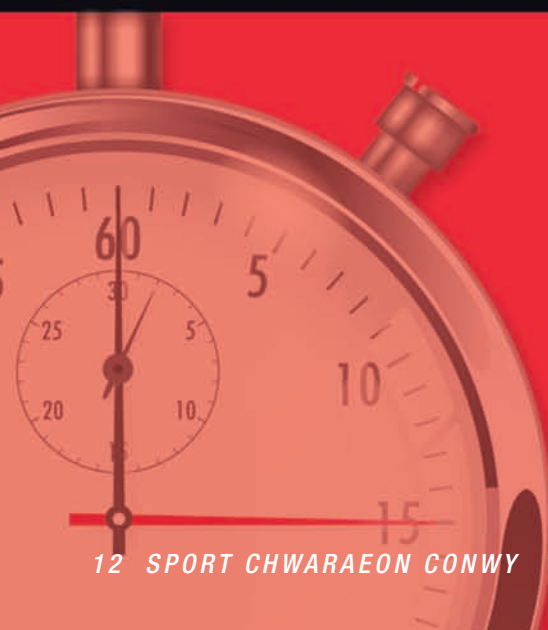
There is a small increase to our annual membership fee:

Individual £25 • Child (under 18) £15 • Student £15 • Family £35

Each time you come skiing we ask you to pay £10. This covers the cost of the slope and gives the club a little bit of income to help with the costs of running the club

TRUSTEES

There are now four trustees who share responsibility for running the club with the support of our fantastic volunteers, guides and instructors. The Trustees are Menna Jones (chair), Malcolm Grace, Mark Pursglove (instructor in charge)
email: markmultibuy@gmail.com, Duncan Gilroy email: duncan@absolutelysnow.com.
If you have any queries or would like help just to book a session, just email Mark or Duncan.



SPORT CHWARAEON
CONWY

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Stopwatch is the official
newsletter of Sport Conwy
Articles to Caroline Jones (Secretary)
on 01492 575557
sportconwy@conwy.gov.uk

