



DERBYSHIRE Cricket Foundation

Hear Adrian's Story

Are you a cricket novice like me? Well, here is your chance to learn what it is all about and have some fun at the same time. Why don't you come along to **Derby Parkinsons Indoor Cricket on Friday mornings** with an open mind and give it a try too, just like I did. It is a new activity group and has only been going for 5 weeks. It's all about gentle exercise based loosely on cricket. You don't need to know the rules or even how to play.

I was introduced to it at the Moorways event back in September by Lucy Miller, Community Officer at Derbyshire Cricket Foundation. She was just so friendly and enthusiastic about this new group and implored me to come along. How could I refuse?

Well, I'm glad to say that I took her up on it. I never thought I could catch a ball, let alone bat one to the boundaries. We do bowling and wicket keeping too. In each session everyone is encouraged to have a go in rotation – male, female, anyone in a wheelchair, those needing walking frames and sticks. Even carers can have go. It really doesn't matter if you are a bit slow or lose your balance – you are still improving your co-ordination, multi-tasking and getting some gentle exercise, whilst building your overall mental health and confidence. Believe me, the satisfaction and buzz from batting a soft ball up into the rafters gives you a real lift. Sometimes I can even bowl in a straight line!

Don't worry, it's not serious... well very light-hearted in fact. The points scored are notional, not competitive. After an hour or so we gather up our bats n balls and finish with a social coffee and chin wag. So why not come along and join us at St Nicholas church hall in Allestree at 10.45 on Fridays – what have you got to lose other than your false teeth 😊

Adrian



#AGameForEveryone

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