

## Disability Carer's Complete Squash Leaders Award



Meads Squash Club, Milford Haven, have been working with people with a learning disability for the past 5 years.

The users partake in mini squash, the sessions are run on rebound walls within Milford leisure centre sports hall, the emphasis is on participation and FUN they all work towards achievement certificates, to help the users achieve and enhance their experience their support workers have undertaken the Squash Wales leaders award.



Funded through community chest the support workers undertook the award over the six weeks of mini squash, all the attributes required to be an empathic leader the support workers displayed in abundance.



Squash Wales Development Officer Pete Crook commented “having the ability to utilise the support workers within the squash sessions has given us the opportunity to progress the sessions, leading to a far more positive experience for the end user”.

