

## **THE LOUGHBOROUGH**

### **NEWS RELEASE**

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#### **FUN AND GAMES AT LEONARD CHESHIRE**

Boccia is the name of the game at a residential home in Sileby thanks to a cash award from Loughborough Building Society's Community Matters scheme.

Leonard Cheshire Disability, a charity supporting people with disabilities through a network of residential homes, community projects and day centres, received £140 to buy a Boccia set and ramp.

Boccia is similar to the English game of bowls or French petanque but has been modified so people with disabilities can play. Athletes are able to throw, bowl, kick or use assistive devices such as ramps, to propel leather balls as close as possible to a white target ball.

The game can be played either individually, in pairs or as a team activity and is particularly suitable for those with a disability as it's a non-contact sport which relies on skill and subtlety rather than size, strength or speed.

Leanne Nicholson, local spokesperson for Leonard Cheshire, says that the new equipment will add variety to the entertainment on offer.

"A person who is living with severe disabilities can easily become isolated which can lead to other related problems, such as depression and physical health problems," adds Leanne. "The 17 residents at King Street, all of whom are living with disabilities acquired through illness or an accident earlier in their life, will benefit from playing Boccia as it encourages activity, exercise and social interaction."

Caroline Joyce, operations director at The Loughborough, says: "We're always keen to encourage activities that promote teamwork and a sense of well-being and hope that this relatively small donation will help make a difference to the residents at our local Leonard Cheshire residential home."

A Community Matters award from The Loughborough is available to any local worthwhile group or charity whose aim is to make a positive difference to the community. The awards are given three times a year and cash amounts of up to £500 are available per organisation. (The panel welcomes detailed costings and information about the project and its effect on the community.) The closing date for the next round of awards is 31 August 2009. For more information or an application form please call into your local Loughborough Building Society branch or visit [www.theloughborough.co.uk](http://www.theloughborough.co.uk)

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