

## **Super 1s Residential to Bendrigg – A Life-Changing Experience for Young People with Disabilities from Cheshire**

In June 2025, a group of young people from the *Lord's Taverners Super 1s* programme took part in a life-changing residential at the **Bendrigg Trust**, a specialist outdoor centre in the Lake District. The trip, designed to give young people living with a disability the opportunity to experience adventure, build confidence, and forge lasting friendships, proved to be everything the organisers hoped for – and more.

From canoeing on the lake and orienteering through the woods, to team games, indoor climbing, and laughter-filled evenings, every moment of the residential was packed with challenge, fun, and personal growth.

### **“It was brilliant” – Young People Reflect**

**Layton**, one of the participants, summed up the experience simply:

*“The residential was brilliant. It was great we got to do lots of different activities, including canoeing which was great, and orienteering. The indoor activities were good too.”*

His mum noticed a change in him straight away:

*“As parents we have noticed Layton has been more confident since doing the residential, especially with doing different activities. He is more interested in doing outdoor activities since the residential and does not hesitate to get involved now. Definitely more confident and happier to take part and mix with lots of other people. He is a more confident person.”*

**Dylan** had an equally unforgettable time:

*“It was awesome! I made new friends and we had a good laugh. I liked going down the slide with Chris best – we laughed all the way. The food was good!”*

His mum added:

*“Dylan didn't stop talking about what he'd done the whole way home. He talked about some new friends he'd made – friends he's seen since at several Super 1s events. He spoke about how he'd challenged himself even if he thought the activity was going to be a bit scary. He wanted to know when he could go again!”*

**Archie's dad** shared his thoughts too:

*“Archie said he had an amazing time, he loved the activities, especially the cricket with everyone in the sports hall. I thought it was a great experience with interesting activities, good facilities. The staff were amazing and we were all shocked with our group leader remembering everyone's names. Let's hope we get the opportunity again.”*

### **Making a Lasting Impact**

For many, the experience was more than just fun – it was transformative.

**Chris** reflected on the personal growth he experienced at Bendrigg:

*"Bendrigg made me more open to trying new things, attempt things I wouldn't have tried otherwise, and I've made new friends I'm still in contact with months later."*

A parent echoed that joy:

*"Every picture you sent he was grinning from ear to ear – he was clearly having an amazing time. Thanks so much for organising!"*

**Jack**, another participant, described the trip as unforgettable:

*"The Bendrigg residential was amazing! I got to try so many new things I had never done before, and the people who looked after us were the best! I will always remember it!"*

His mum shared the lasting impact it had on him:

*"The Bendrigg residential had a very positive impact on Jack. It gave him opportunities to challenge himself, build independence and friendships and grow in confidence. He came home absolutely glowing, and it has been so nice to see how the experience has stayed with him. I am very grateful he was given the chance to be part of it."*

### **Empowering Young People Through Sport and Adventure**

The *Super 1s* programme, run by the Lord's Taverners, gives young people with disabilities the chance to play regular, competitive cricket while also developing key life skills. The residential at Bendrigg expanded that mission – showing the power of outdoor activity, teamwork, and community in building confidence and independence.

As the smiles, stories, and new friendships prove, the Bendrigg trip in June 2025 wasn't just a few days away – it was a milestone in the lives of many young people. And as one parent perfectly put it:

*"Let's hope we get the opportunity again."*

Thanks to the commitment of the Lords Taverners, Cheshire Cricket Board, Bendrigg Trust staff, and dedicated group leaders, these young people had the chance to try new things, overcome fears, and return home taller in confidence and spirit.

### **Here's to more adventures ahead!**

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If you'd like to learn more about the Lord's Taverners Super 1s programme or support future residential like this one, visit [www.lordstaverners.org](http://www.lordstaverners.org).