

Clock Cricket proves a big hit for hospital patients

Glamorgan Cricket has taken a brand-new version of cricket in to St Woolos Hospital in a bid to get patients more active and engaged with the sport.



A social fun, competitive pursuit. Players sit in a circle and face as many as 10 balls each to determine the winner.

The Club's community team, along with Glamorgan's Newport based opening bowler, Michael Hogan, delivered Clock Cricket to the hospital's Gwanwyn Ward on 20 December 2019. Glamorgan has now delivered three sessions, to more than 20 patients at St. Woolos, with plans to deliver more in the New Year.

Patients who have benefitted from taking part in Clock Cricket range from those recuperating from injury to elderly people waiting on care home places. The game, which is developed specifically for older, less mobile players to improve their physical and mental wellbeing, is the brainchild of Richard Hill, the England and Wales Cricket Board's (ECB) Disability Cricket Support Officer and is played indoors using a sponge ball and a foam bat.

John Williams (67), a patient at St. Woolos' Gwanwyn Ward, said: "Clock Cricket was fun and thoroughly enjoyable. It's something we all look forward to playing and really breaks up the day, as well as being good exercise for us. "It's also a great way to socialise with other patients and try something different and a little unique."