



NORTHAMPTON TOWN F.C.

COMMUNITY

the cube
DISABILITY

ALEX

CULVERHOUSE

Alex has been going to the multi-disability sessions for a couple of years. He is a kind-hearted young man who has come on leaps and bounds throughout his time coming to the multi-disability football club's sessions on a Friday evening at Moulton College.

Alex himself really enjoys the sessions having been to previous clubs and not enjoying himself at all due to the nature of the environment he had been put in. "Playing in matches is my favourite" said Alex, "I really like testing myself against the other players, I do like training but playing the games is definitely my favourite part of it".

Northampton Town's Multi-Disability Football Club was the first time he had been to a football session that was specifically for those with a disability, previously he had only played for grassroots football teams who were in the 'normal' leagues and there was only an emphasis on playing well and getting results rather than caring more about the children's development as people off the pitch as well as improving their skills on the pitch.

Coming to the multi-disability sessions has really improved Alex's confidence, off the pitch as well as on it. His father, Julian, said "Coming to the disability sessions have really improved his confidence, he is a different lad to the one at the very start. He has gone from an angry young lad to being a much calmer and chilled out lad, he enjoys it and he has now realised that he is not the only person with special needs, there are others out there, it isn't just him and I think that has been a massive thing for him."

Building on skills and being able to work at his own pace has been a huge positive to Alex, he says, "I no longer hold myself back like I would have done previously, I feel I have come out of my shell and I have definitely improved as a footballer, I now understand a position and I am more aware of when I am in space and have an opportunity, I actually shout and call for the ball now, something I would not have done before."

As well as the players enjoying the sessions, it is also something that the parents are happy with as well and something that they are proud of, Alex's Dad, Julian said, "It is great, not just for the players but for us as parents, everyone is so welcome and on the same page, we all care about the same thing which is the children having fun, the players have connected with each other but so have all of the parents, it is such a welcoming and warm environment which can only be a great thing for all that are involved."

