

JUST BOWL

STROKE ASSOCIATION - NORTH DEVON

Following a Just Bowl taster session, the group purchased the Just Bowl kit thanks to funds from Sport England and the National Lottery. There are 30 people registered at the group, but it does not matter how many people attend, so long as there are 2 or more, they can easily run a bowls session. However, they have loved it so much that there is always between 10-20 people playing each week.

"Over time we have seen some real improvements in participant's coordination, balance, focus and enjoyment of the game and the company of others. Some real friendships have been built and many of them often meet up outside of the group and have started to attend other activity sessions together"

Sonya Webb, Stroke Association Support Coordinator.



"The offering of bowls has been a fantastic way to be able to reach so many people with a variety of effects from their stroke, including one sided weakness, loss of mobility, balance problems and short attention span. It has been an opportunity for all those involved to do something fun, together. As the relationship dynamics can often shift after a stroke from being a wife, husband, daughter, son or the like to being a carer and the cared for, this activity allows people to be who they are and do something together and most importantly have fun together"- Sonya Webb

"Bowls is a fun sport that we can all join in single or in teams and it doesn't matter how good you are."

Peter F, participant, Multi activity group, Barnstaple

"I did the training, there are a few games to play, not just one game. That is a bonus, it keeps the game more interesting for the players."

John H, Group volunteer, Multi activity group, Barnstaple

"I have noticed that since we had further training on setting up the bowls equipment, we have helped some identify and challenge their altered vision and helped hand-eye coordination."

"Having Just Bowl on a weekly basis not only provides a sense of community, it is exercise that is inclusive to people of varying abilities, whether independent and mobile or in a wheelchair. I have heard participants say they feel playing bowls helps them with their balance."

Linda T, 'Active Lives After Stroke' volunteer, Multi activity group, Barnstaple

For more information
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FOR ANYONE, ANYTIME, ANYWHERE!!

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