

# JUST BOWL

## AVERY MEWS - BRIGHTERKIND

BrighterKind care home 'Avery Mews' was one of 12 homes chosen to pilot the 12-week research project and with such positive feedback from the residents, the equipment was purchased, and they have continued sessions every Monday as part of their weekly activity programme.

"Mean Machine  
Doreen"



*"I love the Just Bowl sessions, I look forward to going, I'm not very good, but I really enjoy joining in."*

Doreen  
Resident

Doreen is 94 years old and a resident at Avery Mews, Doreen is a wheelchair user and a regular participant in Just Bowl.

*"I love the fun of playing Just Bowl and the cheek between the teams"*

Beryl  
Resident



"Blaster  
Beryl"

Beryl is 79 years old and uses a walking stick when mobilising. Beryl is a regular, dedicated player of Just Bowl.

*"Residents started by using walking sticks, frames and trolleys but as time has progressed they now get up out of their chairs, using their mobility aids, but once on the mat, the aids get tossed to one side and away they go. Seeing the transformation in their mobility has been fantastic"*

*"Their confidence has grown immensely, and it's been a fantastic opportunity to be a part of the process"*

*"The sessions will continue to be run weekly in our home"*

*"I wouldn't dare remove Just Bowl from the planner"*

Angela Blackburn  
Staff Member

For more information about Just Bowl please contact  
**Ian McCombes**,  
Just Bowl Co-Ordinator  
on **07741 873233**  
or email  
**ian@justbowl.org**

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