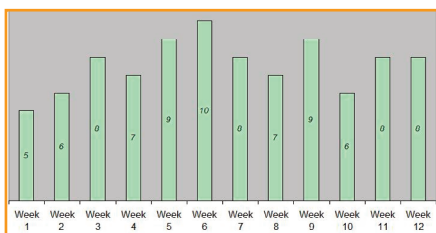


JUST BOWL

SGV - CANCER SUPPORT GROUP TOTTENHAM, LONDON

SGV ran the 12-week Just Bowl research project at their Independent Living Community Hub, with their main objective being to bring residents out of isolation and to get involved in a fun physical activity session. They had a great space within their centre to deliver the Just Bowl sessions which made it a great environment for everyone within the ethnically diverse community to come together.



Participant statistics over 12-week project

The feedback from the participants was very positive and they wanted Just Bowl to continue after the 12-week project ended. Each week the participant numbers were increasing. They have continued the sessions with the loan of equipment being extended while funding was being raised to purchase their own.



"I enjoyed running the sessions for 12 weeks. Encouraging and helping the (SGV Cancer Support) users to take part and competing in getting the best score. Lots of laughter while playing in teams' boys against the girls"

Jack Mir
Organiser

*"Stimulating, self-confidence"
"Good for mixing with other people"*

"Relaxing, great for mental and physical mobility"

"Enjoyable"

SGV participants

For more information about Just Bowl please contact
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FOR ANYONE, ANYTIME, ANYWHERE!!

WWW.JUSTBOWL.ORG