

JUST BOWL

STEPPING OUT - CANCER SUPPORT GROUP BRIDPORT

Stepping Out, located in Bridport, Dorset, took part in Just Bowls' 12-week research project, which helps people with cancer or recovering from cancer to become more physically active and improve their mental well-being through the sport of bowls. They carried out the project in their local rugby club next to the sports centre. It was a lovely place to run Just Bowl sessions with plenty of room and a flat wooden floor to accommodate all the Just Bowl equipment.



Just Bowl carried out training for five staff and volunteers. They all had fantastic energy and threw themselves into the practical

The 12-week project was a massive success, with 42 people having engaged and over 15 people taking part on a regular basis each week. Just Bowl was so popular, they have secured funding to purchase the equipment and have made it a permanent weekly activity. The participants love the competitive side Just Bowl offers and have created trophies and certificates for the sessions. For many participants Just Bowl has become a massive part of their week, being able to socialise and help with their confidence and overall improving their mental wellbeing.

Participant taking part in their Friday morning Just Bowl session



"We signed up to the 12-week trial, and here we are, almost a year later still playing every Friday"

"Just Bowl has been suitable for everyone, which is really important when encouraging people to find appropriate level activities so they can adopt a more active lifestyle"

Jo Perfect
Stepping Out Organiser

"It brings a smile to people's faces for an hour or so and helps take their minds off other issues that they may be battling with"

"Taking part in Just Bowl has encouraged me to join the local flat green bowls club"

Participant

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

FOR ANYONE, ANYTIME, ANYWHERE!!

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