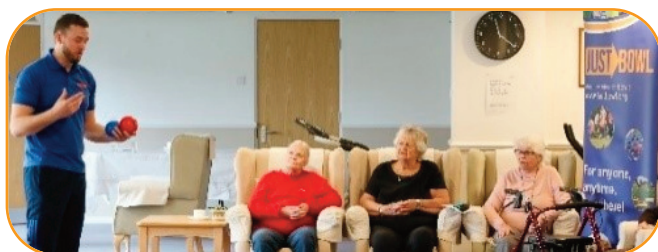


JUST BOWL

PRINCE RUPERT COURT - GUINNESS CARE

Prince Rupert Court is an independent living venue situated in Swindon. Just Bowl secured funding for Guinness Care to deliver Just Bowl sessions across 10 of their sites. As part of the funding, Guinness Care staff were trained to enable them to run high quality, fun and engaging sessions for their residents. The funding was also used to provide equipment for the venues to allow them to continue Just Bowl for the foreseeable future.



Just Bowl carrying out bespoke training for staff and participants

The residents have run their own Just Bowl sessions when staff are not able to and everyone who usually plays joins in. They keep a register, set the equipment and games up themselves and take a points tally. It has been amazing to see customers from Prince Rupert Court grow in confidence and feel able to run their own sessions.

A participant enjoying playing in a Just Bowl session



"Playing this weekly Just Bowl session has promoted teamwork, boosted confidence and encouraged participants to want to do more regular physical activity"

Dominique Rains
Independent living advisor

"I have found that I no longer have to sit down to put my shoes on, I can now stand up and put them on so I am feeling more flexible and able to move more freely"

"It gives me the opportunity to get out of my flat and I look forward to the weekly sessions"

Jeanne Virangi
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!!

WWW.JUSTBOWL.ORG