

WELCOME TO JUST BOWL

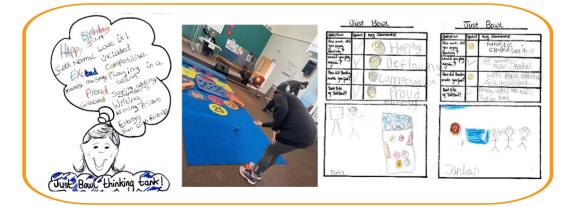
JUST BOWL is an innovative and exciting offer that encourages individuals of all ages and abilities to get active.

JUST BOWL can be adapted to suit different groups and different types of venues from small lounge areas to larger community facilities.



IUST BOWL is **FUN**, flexible and inclusive in nature with everyone and anyone able to take part.

IUST BOWL has been piloted in various sectors including care homes, SEN schools and colleges, rehabilitation organisations and disabilty groups. Research, conducted in partnership with Sheffield Hallam University, shows that those who participate in the programme feel the benefit both physically and mentally and it gives them a feeling of well-being.



FOR ANYONE, ANYTIME, ANYWHERE!! www.justbowl.org



ABOUT US

The Bowls Development Alliance (BDA) is an organisation funded by Sport England and supported by Bowls England and the English Indoor Bowling Association to increase participation and get people active.



"Helping people to live longer, healthier and more fulfilling lives"

JUST/BOWL are now offering hourly paid sessions in your area with the first session free. If you are interested please contact our Just Bowl Team Leader Connie Dowe at connie@justbowl.org who will visit your site and deliver a free session for your clients and arrange further sessions if you require them.

"Just Bowl has brought so much fun to the groups. We have experienced lots of smiles and laughter, clearly indicating enjoyment! We have also witnessed development in handwriting and addition skills. We introduced a large whiteboard where individuals would write team names and keep score of the points. In the beginning this required lots of encouragement from the staff, however, service users are now nominating themselves to come forward for the task. Even the less able individuals are asking to have a go with the staff's help"

Tracy White, Impact Manager

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