

JUST BOWL

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.

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



JUST BOWL has been piloted in various sectors including care homes, SEN schools and colleges, rehabilitation organisations and disability 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.



Just Bowl		
Question	Spoken	Key Comments:
How much did you enjoy Bowling?	✓	Happy
Would you play again?	✓	Definitely
How did Bowling make you feel?	✓	Competitive
Best bits of Bowling?	✓	Proud

Sen

Just Bowl		
Question	Spoken	Key Comments:
How much did you enjoy Bowling?	✓	Fantastic
Would you play again?	✓	Enjoyed Set up of
How did Bowling make you feel?	✓	Excited, Proud!
Best bits of Bowling?	✓	Happy, Proud, Involved, Set up, Involved.

Jordan

FOR ANYONE, ANYTIME, ANYWHERE!!

WWW.JUSTBOWL.ORG

JUST BOWL

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.

Individual sessions



start
from
£50

“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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