

# West Backwell Bowling Club

## 'Thrive With Bowls'

### Emma's Story

I had been learning to walk again following a severe illness at age 40 that left me bed bound. I was always a competitive sports player and I have to say I thought bowls was a slow game for people dressed in white who were over 65. How wrong I was! After attending the open day for 30 minutes I was hooked!

There is something incredibly addictive about getting those bowls closest to the jack and its so rewarding when you get it right! It wasn't long before I had bought my own set of bowls with guidance from the club coach. The kindness and care that West Backwell Bowling Club has shown to me and my family is fantastic - I was a bit embarrassed to start with to share my illness as it still has an effect on me but they all understood completely. This is something I have struggled with but the support meant I gained the confidence to enter into competitions winning my first Disability Bowls England competition and I was then selected to represent the County all in my first season! I've surprised myself that I have been able to become competitive at something again - I never thought it would be possible.

### Colin's Story

Having now fully retired from many years in various busy hospitality roles it's now time to enjoy my own time at my own pace and having been prompted to try bowls by the excellent leaflet through my letter box early this summer, I went along to try it out . I am so glad that leaflet did pop through as from the first evening trial to date I find the whole experience relaxing, rewarding and meeting new friends is fantastic.

West Backwell Bowling Club has much to offer and it's great to meet and play with all abilities and ages which creates a great level playing field for all, the social side and informal meets are really good for all concerned. I have noticed already those who were quite shy initially are really enjoying and interacting fully. Also, the informality yet sound structure keeps us all on track and involved and I would thoroughly recommend anyone, of any age, to give it a try. It is, after all, technically challenging but not over demanding physically as a sport and should appeal to many.

My health except for those normal "growing"(ageing pains) is good and I play golf at least three times a week and cycle (albeit fairly short rides, as and when). Bowls does help me greatly in using muscles I wouldn't normally use and have already seen the benefits in my golf! Mentally it's very refreshing too as it does keep me focussed on bowls for the entire time I'm there and I sense this is the same for all at the club.

