

Get Active in North Somerset

Physical activities and healthy living

Bowls

Activity	Ages	When	Where	Accessibility	Contact
Bowl for Health 8-week programme. Learn a new skill, get physically active in a friendly and relaxed environment and meet people from your local community		Fridays 2pm to 3pm and free refreshments from 3pm to 4pm	Wrington Bowling Club Silver Street Wrington BS40 5QN	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Ian Harries ian.harries0@icloud.com
Indoor Bowls Flat undercover bowling in a safe environment that maintains your wellbeing, in a light-hearted and inclusive club	10 to 96 years	Wednesdays: 2pm to 4pm and 6pm to 8pm Saturdays: 10am to 12pm	236-238 Milton Road Weston-s-Mare BS22 8AG	<input checked="" type="checkbox"/> Visual impairment <input checked="" type="checkbox"/> Hard of hearing <input checked="" type="checkbox"/> Learning difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Mike Butt 07999 168 279 mikebutt796@gmail.com Gerald Holcombe 07789 908 102 gholcombe1954@gmail.com www.woodspringindoorbowlsclub.co.uk

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Lawn Bowls – Long Ashton Playing bowls not only contributes to physical health but also nurtures mental, social and emotional wellbeing, making it a valuable activity for individuals seeking holistic wellness.	All ages	Friday evenings from late April until mid-September (outdoors)	Long Ashton Bowling Club Long Ashton Community Centre Keedwell Hill Long Ashton BS41 9DP	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Karen Gough 01275 852 243 Longashtonbc@gmail.com www.longashtonbowlingclub.org.uk
Lawn Bowls – Weston-s-Mare Bowling provides a social activity to be enjoyed by all ages	16+	Free Coaching Session for 6 weeks on: Wednesdays: 10am to 12pm Fridays: 5pm to 7pm Sundays: 10am to 12pm	Ashcombe Park Bowling Club Milton Road Ashcombe Weston-s-Mare BS23 2UY	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Alan Newell alanjnewells@googlemail.com www.ashcombeparkbowlingclub.co.uk

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Try Bowls Tuesday Run by coaches and beginners from last year, who know what it's like to start something new! Very relaxed with plenty of laughing, it's good for your health, mind and body and very social. Give it a go!	All ages	From late April to early September each year	West Backwell Bowling Club West Town Road Backwell BS48 3HQ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Ian Wilson 0800 0835 198 wbbcsecretary@yahoo.co.uk www.westbackwellbc.org.uk Facebook: West Backwell Bowls Club