

## Physical activities and healthy living

### Bowls

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Bowls for Everyone</b> Bowls is the most underrated activity for both physical and mental health. Gentle exercise in a relaxed, friendly environment. All abilities welcome.</p>	All ages	<p>Mondays 10am to 12.30pm</p> <p>(Additional dates, including evenings coming soon, contact us to find out more)</p>	<p>Portishead Bowling Club The Lakegrounds Rodmoor Road Portishead BS20 7HZ</p>	<p> <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                 </p>	<p>Gaynor Hastings 07443 833 203 <a href="mailto:ladiessecretary@portisheadbowlingclub.org.uk">ladiessecretary@portisheadbowlingclub.org.uk</a></p> <p>Rod Hawkins 07840 210 319 <a href="mailto:menssecretary@portisheadbowlingclub.org.uk">menssecretary@portisheadbowlingclub.org.uk</a></p> <p><a href="http://www.portisheadbowlingclub.org.uk">www.portisheadbowlingclub.org.uk</a></p> <p>Facebook: Portishead Bowling Club</p>

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Bowl for Health</b> 8-week programme. Learn a new skill, get physically active in a friendly and relaxed environment and meet people from your local community</p>		<p>Fridays 2pm to 3pm and free refreshments from 3pm to 4pm</p>	<p>Wrington Bowling Club Silver Street Wrington BS40 5QN</p>	<p><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</p>	<p>Ian Harries <a href="mailto:ian.harries0@icloud.com">ian.harries0@icloud.com</a></p>
<p><b>Indoor Bowls</b> Flat undercover bowling in a safe environment that maintains your wellbeing, in a light-hearted and inclusive club</p>	<p>10 to 96 years</p>	<p>Wednesdays: 2pm to 4pm and 6pm to 8pm  Saturdays: 10am to 12pm</p>	<p>236-238 Milton Road Weston-s-Mare BS22 8AG</p>	<p><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</p>	<p>Mike Butt 07999 168 279 <a href="mailto:mikebutt796@gmail.com">mikebutt796@gmail.com</a>  Gerald Holcombe 07789 908 102 <a href="mailto:gholcombe1954@gmail.com">gholcombe1954@gmail.com</a>  <a href="http://www.woodspringindoorbowlsclub.co.uk">www.woodspringindoorbowlsclub.co.uk</a></p>

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Lawn Bowls – Long Ashton</b> 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.</p>	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  <a href="mailto:Longashtonbc@gmail.com">Longashtonbc@gmail.com</a>  <a href="http://www.longashtonbowlingclub.org.uk">www.longashtonbowlingclub.org.uk</a>
<p><b>Lawn Bowls – Weston-s-Mare</b> Bowling provides a social activity to be enjoyed by all ages</p>	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 <a href="mailto:alanjnewells@googlemail.com">alanjnewells@googlemail.com</a>  <a href="http://www.ashcombeparkbowlingclub.co.uk">www.ashcombeparkbowlingclub.co.uk</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Try Bowls Tuesday</b> 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!</p>	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	<p>Ian Wilson 0800 0835 198</p> <p><a href="mailto:wbbcsecretary@yahoo.co.uk">wbbcsecretary@yahoo.co.uk</a></p> <p><a href="http://www.westbackwellbc.org.uk">www.westbackwellbc.org.uk</a></p> <p>Facebook: West Backwell Bowls Club</p>