

## Physical activities and healthy living

### Bowls

Activity	Ages	When	Where	Accessibility	Contact
<b>Indoor Bowls</b> 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-super-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 <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>
<b>Lawn Bowls</b> Bowling provides a social activity to be enjoyed by all ages	16+	Introductory sessions on Wednesdays and Saturdays at 10am.  Members 7 days a week	Ashcombe Park Bowling Club	<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

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<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>