



BOWLS LEICESTERSHIRE DEVELOPMENT NEWS

FOR CIRCULATION TO ALL CLUB MEMBERS <https://www.facebook.com/bowlsinleicestershire>

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COVID-19 SPECIAL No.3

May 2020

Well - we are back on the green – at least some of us are and we hope to see more back within the next month or so.

Last week was **Mental Health Awareness Week (18-24 May 2020)**, with this year's theme being 'kindness'. Bowls Leicestershire is aware that members and clubs have a difference of opinion as to when or if we should return to the green – please be respectful of each other and the wider bowling community when commenting on social media, including our own channels.

Please remember that we are not back to normal and it may be many more months before we are. So please look on this period as practise only.

Provided we follow the guidance, and numbers of cases and deaths keep declining, then we hope that we will be allowed to increase the numbers involved.

Coach Bows



Coach Bows has also announced the launch of its new online 'Adult Safeguarding in Bowls' course. Cost £25 each - (cheaper than face to face) 5 course date already full – [places remain on 4 dates – late June & July](#). More information & to book on this can be found on the [Coach Bows website](#) at: www.coachbowls.org



BL Men's section appoint **Gary Kilbourne** (Syston BC) as **U25 Team Manager** – message from Gary... .. As you are all aware, I have taken over as the under 25 Manager. I know that we are in difficult times at present and it will be difficult to start the role without players being allowed to meet up. Once we can my intention is to invite all U25 players to discuss the needs of the group. I am intending to provide skills training, as well as team building exercises, so that Leicestershire can have an under 25 team that we all can be proud of and to achieve joint goals (set as a team).

I will also be working on the mental side of the game to give you an insight of tools and techniques that will give you an edge over your opposition. If anyone wants to contact me my phone number is **07789797208** and my email is g.kilbourne@sky.com



Covid-19 Survey – Please participate only Open till 31st May – Responses Anonymous & Prize Draw (1x£50 & 5x£20 Amazon vouchers)

District Councils are working alongside LRS and would like your help to gain an insight into the types of physical activity that you have taken part in before and during the Covid-19 outbreak and your future intentions over the coming weeks.

This information will help them and local organisations provide a physical activity offer to support residents' health and wellbeing over the next few months, while we come to term with a "new normal".

You can access the survey here: <https://bit.ly/3dXtzfZ>

COVID-19 Funding - Over £380k has come into Clubs from the various sources but mainly from those clubs that are registered for rates.

Competition Winners (Bowls Target) COMMUNICATION – DAVID JARVIS (COALVILLE) & FUNDING – JOHN STEER (GOODWOOD)

Bowls England New Funding Link - Is your Club looking to buy new equipment or improve your facilities?

Bowls England helps affiliated clubs to find out more information on the funding opportunities available to them by providing a comprehensive report that highlights potential funding opportunities that clubs might be eligible to apply for. For full details view: <https://www.bowlsengland.com/funding/> or use: <https://www.idoxopen4community.co.uk/bowlsengland>

Staying Healthy at Home Tips

1. **Stay in touch over the phone or on social media** (helps being lonely, sad or worried (video chat!))
2. **If people are feeling down**, they can get help from **Every Mind Matters** website: www.nhs.uk/oneyou/every-mindmatters
3. **Encourage people to stay active** • cooking • reading • learning something online • watching films
 - It's good to do some exercise - There are many exercise courses online.
 - Try to get some fresh air at least once a day whether that be going for a walk or just in the garden, it really helps
 - at the start of each day try and plan in when you are going to be active and stick to it e.g. at the end of your working day, lunchtime etc.
 - Don't force yourself into a rigid routine if you don't want to, it'll only make it difficult to stick to. Make yourself a pledge to be active – encourage others if you can – but take it day by day and give yourself some freedom each day to decide what you want to do.
 - Set a weekly physical activity goal with a friend and report back on your progress! **WhatsApp!**
 - Just try to move a little each day, even if it's a 10-minute walk around the block. Trust me, it helps!
 - <https://www.lrsport.org/wellbeing-at-home>
4. **Share good information** - Avoid information online – share good information. **You can get good information from:** • the NHS: www.nhs.uk • Public Health England: www.gov.uk/government/organisations/public-healthengland • the Government: www.gov.uk/Coronavirus

Restarting on the green – Please share your ideas & take/share photos of members on the greens

- Has your club checked with their insurance company? **Completed a risk assessment! Cover yourselves.**
- Have you set up an **electronic booking system** – Tony Hill @ Lutterworth has set one up with clear instructions – please call him for details? **Paper ones at the club are not COVID free**
- **Please make sure you wash your hands before & after play or use sanitiser**
- **Instead of using bowls mats** (look on Amazon) **'Round PVC Flat Cones Flexible Sport Spot Markers'** non-slip, can be used outside and multi-coloured – and one given to each bowler to carry up & down green & then take home. These can also be used for coaching (£11 for 10 discs) Free delivery (thanks Sue Hartnoll -Kirby M)
- Jacks, if used, place afterwards in a bucket with cleansing solution
- Use Tennis Balls – cut in half – Bowls just bounce off – saves having to reset & having to use 2 (one each)
- Industrial size wipes

How to reduce your Clubs Water Bills – 'Non-Return to Sewer Allowance' I have already received a number of enquiries and have supplied them with details. I would like to pass on my **thanks to Stewart Warrington (Soar Valley) and Stuart Foxon (Enderby)** who have been through the process which enabled me to put together a fact sheet for the benefit of other clubs who are interested.

PLEASE SHARE YOUR IDEAS & PHOTOS – email: development@bowlsleicestershire.com