

NEWSLETTER

June 2024



Gedling and District
Indoor Bowls Club

Hello Everyone

We hope that all of you who are playing outdoors are enjoying your games, even if the weather has not been particularly kind to you. Whilst you have been playing do any of you have any interesting or amusing stories to relate? Who of our members have been successful in competitions, if you want us to publish any of the above, we will be happy to do so.

To all who have been playing indoors we hope you are enjoying your time whether it be in leagues or casual bowling and we thank you all for your continued support.

Donations

We would like to say a massive thank you for the donations we have received. Your response has been humbling and we are very grateful. Just thank you doesn't seem enough. They will be a big help to boost our funds for the coming season and beyond. You can still donate at any time should you wish to do so and forms will be available in the leaflet carousel at the bottom end of the green.

We would like to pay a special thank you to the family of former member Peter Stephens, who you may know sadly passed away last November. His nephew got in touch with us as Peter had kindly left a bequeath in his will for the Club.

What's New?

- ❖ The Ladies and Gents changing rooms/toilets were painted during the first week of June and a big thank you to the members who moved and replaced items of furniture within the changing rooms to enable this to happen.
- ❖ On 20 June the encapsulation of the bowling green took place. Although we were unable to use the rinks from 7.30 am when the procedure commenced, it was able to be bowled on again from 2.30 pm. The procedure entailed the carpet being deep cleaned, by a professional who deals with several bowling clubs. It meant that all the dirt and bits that get engrained within the carpet was lifted and it has removed a few of the stains that were currently showing. Although the gentleman that carried out this cleaning was disappointed that he could not improve the large water stain where the roof has leaked. We are told that having this done may prolong the life of the carpet which I am sure you will agree is of great benefit to the club.

Whilst we are talking about the carpet, can we ask that members take great care of the green in the future and **please definitely do not use** Glycerine and Rose Water or Grippio. A slightly damp cloth should be ok, but again ensure that water does not drip onto the carpet. As we have said on many occasions the carpet is our biggest asset. We are in a unique position where our carpet does not contain

any wool element. All new carpets purchased in the future will contain wool and indications are that they will run at a slower pace as the surface is not as smooth, hence the reason we must look after this one.

- ❖ The Bowls Committee brought in for trial the re spotting of the jack during the summer league games. Those of you that bowled indoors during the summer could perhaps care to give your feedback on this as it is being considered for league games in the winter.
- ❖ The car park at the rear of the building is undergoing works by Severn Trent Water Authority. Regretfully this will no doubt cause problems with parking particularly when the Winter Season starts again. Access to the car park has changed from our usual entrance to one a little further along the road. There are restrictions as to where we can park as the first row of parking is cordoned off. We also understand that that this work will be ongoing until about January/February 2025. Three /four-way traffic lights will be in operation and this will probably mean no parking on the road. The Richard Herrod Centre will be affected by these works as well. Please understand that although it may be frustrating it is necessary work and beyond our control. The staff at the Centre should not be challenged about this work, if you do have any queries, please refer them to a member of either the Management or Bowls Committee. Your patience as ever would be really appreciated in this regard.

Summer Leagues and National Competitions

The new Fantastic Fives, a National Competition, has been well received by those who made themselves available. We have played three games now against two Nottingham teams at home and away to Charnwood. We currently have ten points after winning the singles, pair and four at Charnwood last Sunday. We now have two away games at Nottingham and a home game against Charnwood to see if we can pick up enough points to get us through to the next stage in the competition. Those playing for the Gedling team have really enjoyed the different format of the competition.

In Summer National comps, Adam Fuller's team of trips, Adam, Matt Harbuz and Peter Holyk played against a Nottingham trio on 12 June winning 23 – 11. They also played in the National Pairs, once more against a Nottingham team, and came out the winners 17-14. Pauline Marples and Jenny Higgins played in the National Open Pairs, but unfortunately lost. Well done to all of you.

The Summer Leagues and Umbrellas are going well. Ideally, we would like more teams next year so please give this some thought. Thank you to the players who continue with their casual bowling, you too are an important part of our club, and it is really appreciated. Some members are managing to play both indoor and outdoor, not easy I am sure, but if you think next year that you can manage both then we would love you to try.

Members Help needed!!

At the AGM it was mentioned that we are looking for sponsorship and as such we want to reach out to our members to see if any of you are aware of a former employer, local business, or family friend that might be willing to sponsor the Bowls Club. We are not looking for hundreds of pounds - we just want to know if any local business would be prepared to sponsor us for two years - in return for which they would have their business logo and website promoted on our website, along with a link to their website

and invitations to have their publicity material around the bowling green at certain high-profile matches, when we have visitors from other clubs.

If you have any ideas then please contact Jim Hartshorn as soon as possible.

August Summer Offer

If you are a member of Gedling Indoor Bowling Club then, from the 1 August to the 31 August 2024 you can bring along any non-member be it a member of the family, a friend or just someone you know would like or benefit from having a go and you can both bowl for £2.50 each for two hours - please just make sure you mark this up on the form that it is the "Summer Offer". In fact, bring as many friends and family as you like who are not members of the club and you can all bowl for two hours for £2.50 each, during the month of August. You never know they may want to take up the sport and *"give you a run for your money."* **Please note that this offer only applies if you bring someone to have a go at bowls, it does not apply to members bowling with other members or on their own.**

Health Benefits of Bowling

A reminder of the health benefits of bowling! Health professionals endorse bowls, especially for seniors, due to its numerous health advantages.

- A low-impact, therapeutic activity that offers significant health benefits. Beyond physical gains, it enhances social interaction, contributing to overall happiness and well-being. Suitable for all, from children to seniors, beginners to seasoned players, bowls is an inclusive sport.
- Regular exercise is crucial for maintaining strong bones, minimizing the risk of fractures in later life. Whilst playing you exercise and stretch muscles, aiding in flexibility, mobility, and core strength enhancement.
- Participating in bowls can alleviate stress and elevate mood. Physical activity triggers the release of endorphins, the body's natural mood enhancers.
- Engaging in bowls may lower the likelihood of heart attacks or strokes by promoting efficient oxygen use, good blood circulation, and stable blood pressure.
- Bowls requires precision, aiming to place bowls as close to the 'jack' as possible, thus sharpening concentration and hand-eye coordination.
- Bowls is a family-friendly sport that transcends age, gender, and fitness levels, allowing friends and family to play together.

Not only does bowls provide you with physical and mental wellness but it helps people stay socially connected especially through the long days of winter.

This is why we feel so passionate about ensuring we continue to develop Gedling Indoor Bowls Club – if anyone has any ideas about social activities they want to see run as well as the bowls leagues, matches and competitions then please get in touch with a member of the Bowls Committee.

Safeguarding

Eddie and Julie Jones, our two Safeguarding Officers have reluctantly, due to personal

reasons, had to stand down from their roles. We are very sorry to be losing them as they have done a lot of hard and excellent work during their time with us. They have put all policies and procedures into place so the paperwork is taken care of.

Do you feel you can help us please? Bowls England and the EIBA have said that bowls clubs, regardless of how many members they have, should have Safeguarding Officer/s in place by 2025. It is not a necessity for two people to take on this role, it can be undertaken by a single individual.

Cleaner

Heather, our cleaning lady, will be retiring towards the end of October, and we will be looking to replace this very necessary job. It is a part-time role working three days per week). If you are interested or know of someone else who might be, please contact Jan in the first instance for more information.

Sincere thanks to Heather for all the time and effort she has put into this position whilst employed by us.

Hot Weather

Please ensure if the side doors are opened during this hot spell that they are closed when the session is finished. The centre managers say that if they are not closed after use, we will not be allowed to open them at all in future. Note, the only doors that can be opened are the ones on the left-hand side of the green NOT the ones on the road side.

Paper Bank Notes

A couple of paper bank notes have been put in the wallets over the last couple of weeks. Please note these are no longer legal tender and are NOT to be used for paying rink fees.

Dates for your Diary

Keep a watch out everyone for some upcoming dates. We are planning an open day at the start of the season to try and attract more members and will be looking for help in running the day with tea, coffee, and cakes available.

We are also proposing to hold a coffee morning for a couple of charities and the Management Board will let you know more about that shortly.

The above two events being held are subject to the issues that are being experienced with the car parking which has been stated previously in the newsletter may well go on into the new year.

Finally, we are planning a “challenge match” at the start of the winter season Gedling Ladies Yetton Team versus the Gedling Men’s Denny Team – this will be a great way for members to get match fit, but also test some rink compatibilities out. Availability sheets will be put up as soon as the date is confirmed.

Take care everyone and best wishes.

Kath Smith
Carole Andrews