

**Subject:** Spotlight on Clubs

**Title:** Garswood Hall Bowling and Community Club

**Project:** Bowl and Plate – ‘Deal for Communities Investment Fund’

## Aims

**Bowl and Plate** is an innovative project to improve health, nutrition and fitness whilst improving confidence, self-esteem, wellbeing and reducing social isolation.

## Outcome

It has seen the opening of a **community café** within the currently underused community room, as well attracting **500 new people** to the club since April.

Each **week over 75 people attend Bowl and Plate**, activities which include games, quizzes, outdoor bowling and gardening. The hub provides a place that **welcomes all** and caters for their needs but also provides respite and connects people within the community.

## What next?

- Continuing to open the doors to groups and partners
- Age UK have already hosted a Tea Party and run a fortnightly session Continue to run the Friday session.
- ‘Inspiring healthy lifestyles’ offer Back to Bowls sessions weekly
- Offer indoor bowls in the future to attract people all year round.
- Summer fun day and open our doors to the community.

Increased  
Club  
memberships

Attracted  
500 people

Developed  
new  
partnerships

75 weekly  
attendees



## PUT THE FIZZ BACK INTO YOUR FRIDAYS WITH SOME GENTLE ACTIVITY, SOCIALISING AND A NUTRITIOUS MEAL.

Bowl & Plate is a volunteer led project for the local community. It's on every Friday starting 7th April 2017 from 11am til 2pm at Garswood Hall Bowling and Community Club, on Nicol Road, Ashton



Bowl & Plate is free to all age groups and offers you the chance to:

- Get to know your community
- Learn and play crown green bowling at beginner and intermediate level
- Meet new friends or renew old friendships over a hot drink of tea/coffee
- Play darts, dominoes, pool, cards or board games
- Eat a hot nutritious meal courtesy of Fur Clemt Café, Ashton on a 'pay as you feel' basis (Fur Clemt are part of the Real Junk Food Project whose aim is to reduce food waste)

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**The Deal**

in partnership with Wigan Council

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