



Bowls Cornwall News - April 2020

Keeping the bowlers of Cornwall connected

Dear Bowlers,

This newsletter has been produced by Bowls Cornwall with assistance from Active Cornwall.

We know it's tough having to stay home and stay safe when in any normal year we would be looking forward to getting outdoors and bowling with friends, representing our clubs and enjoying the great camaraderie of bowls. As we write this in late April it looks like it might be a little while yet before we are bowling freely again. Right now staying connected as a bowls community is more important than ever. We hope this newsletter might just help a little bit.

Everyone is encouraged to take regular physical activity for their health and happiness. The bowling community in Cornwall numbers about 2,500 of which we reckon 70% will be able to receive this newsletter electronically. If you know of members who are not on e-mail them please print them a copy and post it to them, or pop a copy through their letter box while taking your daily exercise, as they may be able to view the hyperlink articles on their smart phone. Help keep our bowling community connected.

In this edition we are going to focus on ways to keep active, getting connected on the internet and with WhatsApp, financial support to clubs and a bit of culture too. We hope you enjoy our efforts to keep you connected. Please send any thoughts or opinions to myself at bowlscornwallnews@gmail.com

Take care and stay safe.

David Parr, Chairman, Bowls Cornwall.

Ways to stay active during lockdown

Bowls England have launched three workout videos for bowlers, which have been circulated previously, so you can stay fit and healthy by working out while we're all staying in.

<https://www.bowlsengland.com/bowls-england-launches-workout-videos/>

From Sport England

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home.

<https://10today.co.uk/tune-in/>

Produced with assistance from





Founded by exercise instructor Julie Robinson, Move it or Lose it has created a series of fitness videos for older people.

<https://www.youtube.com/user/MoveitorloseitUK>

These gentle sitting exercises will help improve your mobility and prevent falls, and can even be done at home.

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Strengthen and Stretch. Fun 20/30 minute workouts that you can adjust to suit your ability, time available and what part of the body you'd like to focus on. Build your fitness, motivation, sense of wellbeing and self confidence.

<https://www.youtube.com/channel/UC6wXtD9ATjIRISVIBuWgC-g>

Financial Support to Clubs

Sport England announces £195 million package to help sport and physical activity through Coronavirus. The money will help partners, clubs and community organisations cope with the short and long term impact of the pandemic. Read more [here](#)

Other useful information

How to make a video call with What's app

<https://www.bbc.co.uk/news/technology-51968122>

A beginners guide to the internet

<https://cheekymunkey.co.uk/using-the-internet-for-seniors-beginners-guide/>

Help from Cornwall Council

<https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/>

Friends against scams

https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams



A cultural flourish to finish with

A little light relief from the Friends of English Bowling

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem, sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rage to a bull!

So here you find me stuck inside
For 4 weeks. maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over idris
Or some random sexy killer

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!
May God bless us all

The information contained in this newsletter is not advice and should not be treated as such. You must not rely on the information in the newsletter as an alternative to advice from an appropriately qualified professional. If you have any specific questions about any matter in this newsletter you should consult an appropriately qualified professional.