



Angel Indoor Bowls



“The sport of Bowls can be played by almost anyone. Bowlers with or without a disability can compete against each other in nearly all situations. It is one of the most accessible and integrated of sports”

Many of our members bowl with some form of condition or illness. Support for these members includes closed **ASSISTED BOWLS** sessions that run every Friday morning and the provision of specialised equipment.

The dedicated Assisted Bowls sessions provide helpers and 1 to 1 advisors to assist you to bowl.

Our specialised equipment includes bowls “lifters” and “arm extenders” (see left pics.). A common difficulty faced is bending down to comfortably pick up or bowl your bowl. Our specially designed equipment can really help here. Our “arm extenders” extend the arm by up to 2 feet ... enabling the bowl to be smoothly rolled down the green even if you cannot bend down. You can see equipment such as this being used daily in our Club.



Meet Roger

An Angel Member

Roger uses two pieces of equipment. The bowls lifter and the tripod stick.

He cannot bend down to green level so uses a lifter to help lift the bowl from the green. He also needs the security of a walking stick so uses a tripod stick that “stands” close by.

Roger not only has severe back problems but suffers with Parkinson’s.

“Everyone at the club is aware of this and looks out for me, and others”

Roger bowls with friends in our regular leagues during the week and is a regular member of the Club’s team at the weekend, travelling all over Kent to play in the Kent League. He has also won various Club cups.

“The Angel could not be better suited for the needs of players like me, whether you join the Assisted sessions on a Friday or bowl alongside others in the regular roll-ups, leagues, matches and events”

Arthritis? Holding a large bowl with arthritis in the hand or fingers can be alleviated by choosing the right size and weight of bowl. We have a selection of bowls from the smallest of bowls usually set aside for juniors up to the giants of the bowls world weighing in at more than a bag of sugar! We will help you choose the right size to meet your needs.

Wheel Chair Bound? Angel IBC have 6 wheel chairs especially fitted for use on the carpet. Some of these are even adapted to store bowls under the chair enabling the player to independently access his/her own bowls.

Difficulty Walking? A player with limited walking capability can access our extensive range of walking sticks or walkers. Walking sticks range from the straight forward stick to tripod sticks that stand up by themselves. These sticks are again especially adapted with large rubber discs on the end that will not penetrate the carpet. These disc ends can also be bought to add to existing sticks. Tripod sticks (or quads) are used so that they stand freely next to the bowler whilst on the green.

So, if you can get the bowl rolling down the green you can play bowls. Wheel chairs, walking sticks, arm extenders, and lifters can regularly be seen in club games, matches and friendly roll-ups.

We have easy access to the club premises for wheel chair users with ramps to get on & off the green. All around the green are grab rails and chairs should you need a rest. We have lots of parking in our own car park with a number of Blue Badge parking bays directly next to the front entrance.

Why not come and have a go?

Tonbridge Angel Indoor Bowling Club
Avenue Du Puy (just opposite Sainsbury’s)

Tel: 01732 771262 or 771200

Email: angeloffice@angelibc.co.uk

Website: angelibc.co.uk