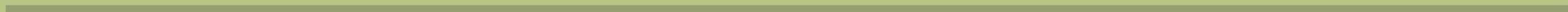




SHOULDHAM **Bowls & Social Club**

HAPPY CHRISTMAS EVERYONE



Paul Brandon Chair



March 2020 saw the pandemic hit the UK and the first national lockdown, requiring social and bowls clubs to close their doors to the public and members. The 2020 local bowls season was cancelled and at the time the outlook for the club was looking very bleak. No action on the bowls green, no events being held in the social club, plus no income. It would have been easy for the Club's Committee to sit back saying "Oh dear bless me"! However, that was not to be the attitude or approach. When the going gets tough the tough get going!!

The Committee decided that while the bowls season was officially cancelled the Club would arrange and hold its own in-house competitions following set National Covid guidelines. Which proved to be very successful in not only providing action on the bowls green but also keeping the social side active and in a position to open the Club between lockdowns.

The Committee took the opportunity at this time, to look at the Club overall and be proactive in planning for the future of the Club, ready for when normality returned. Restructuring of the committee system took place, along with contingencies and procedures being put in place to cover future lockdowns and enabling the club to operate within government guidelines. With a positive approach and aims of reinvigorating the club to its former success, plans were drawn with the main aim of the Club engaging with the community and having them at the heart. Plans were made to introduce fortnightly bingo, along with other regular events. A pool team was welcomed, adopting us as their home, playing regular Thursday evening's. We'd like to see more activities such as this.

It was felt that it would be beneficial to Club users, village residents, especially families, if food could be prepared and served allowing the local community to be able to socialise, while eating out at affordable prices. Also, enabling the Club to provide buffet food for private events held at the club. This would also generate additional income for the Club. To achieve this, priority was given to extending the Club's kitchen, along with a complete refit including installing commercial equipment, which has proven to be a success. Much of the building work being completed by Club members of which we are grateful.

At the start of 2022 it was decided to look at extending the building to encourage more community-based events in a multi-use community hall area. With architect plans drawn, it is hoped to submit a planning application for approval early 2023. Shouldham Parish Council have been very helpful and supportive of our aims including agreeing a new long-term lease for the current and proposed facilities. The Committee are committed to seeing the Club become more inclusive and are looking at installing facilities for the disabled including a loo and hardstanding parking facilities. They are also keen to provide the opportunity for wheelchair users to play bowls, using special adapted wheelchairs. There is a shortage of such facilities in West Norfolk with Shouldham determined to lead the way in equal opportunities. It is also an ambition to improve the ambiance of the social area, encouraging more use, including a bar upgrade. More news on this to follow.

As with all maintenance programmes and improvement schemes, there are cost implications. So, if members can support any fund-raising ventures that would be much appreciated. I'm sure you will appreciate that this has all taken a lot of time and commitment, from a dedicated team bringing us through the dark days of the pandemic to where we are now. Allowing the future of the club to be secured and looking bright with ambitious but achievable plans. I'm sure you join me in thanking all those involved.

Wishing you a happy, healthy, enjoyable festive period.

shouldhambowls@gmail.com

Tel: 07759 272441

General Secretary
Pam Taylor



The last month has flown as I have been busy getting to grips with who are bowlers and who are social members. You've all been bombarded with my emails and it was lovely to receive some encouraging emails in return.

Christmas is almost upon us and I wish you and your family a very happy and peaceful holiday break hoping we all stay clear of covid and enjoy the time with family and friends.

We are holding several events over the next month. Christmas Party Night on 23rd, New Year's Eve Party on 31st and New Year's Day Lunch on the 1st January followed by the Quiz Night on 7th January. Our recent events, along with the football nights have been well supported - thanks very much to those who came along to the club and supported the Social Committee who have been organising the events. So please continue to support the events as we have many ideas we want to fulfil. The Quiz Night will be a fun evening so book your table by contacting me by phone, email or text. We have 5 teams entered already and each have ordered the platter of mixed sandwiches @ £10 a team.

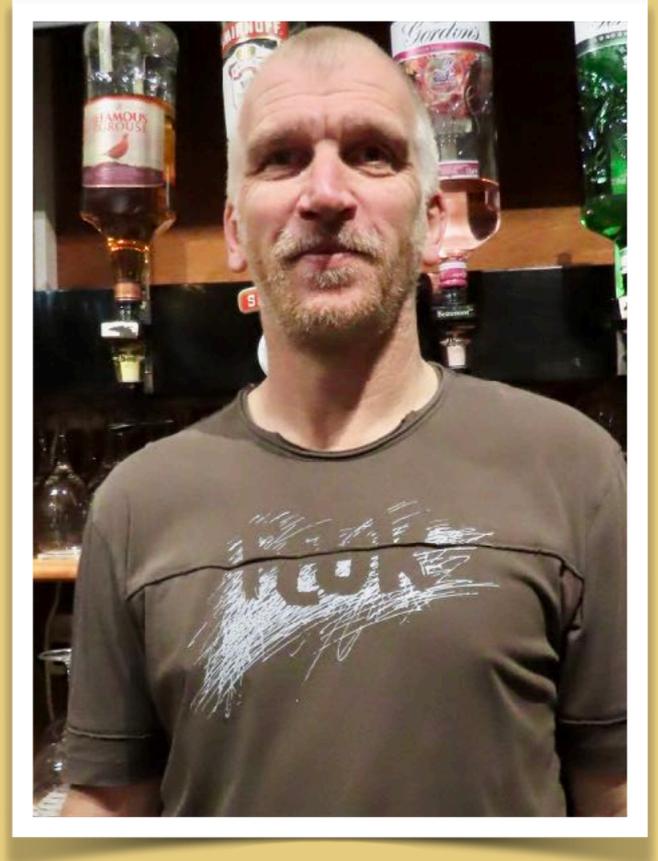
There are still some ladies and gentlemen who have not signed up for next year's matches. You were all emailed and many have replied - thank you to those who have. Having this information will help our Team Captains when selecting their teams and ensure everyone gets a game. We did exceptionally well last year so hopefully 2023 will be a great year too.

We need to encourage youngsters to take up the game of bowls. It's no longer an old man's game. If you play pool or cribbage I'm sure our Captains would like to hear from you. The bar and club house also needs your support through the Winter months which will help to keep us afloat and make it worth while opening the bar - so come along, especially on a Friday evening for a basket meal and meet up with friends. The Clubhouse can be hired for private parties, Wakes, Weddings etc and we can provide a reasonable priced buffet too.

Thanks for making me feel welcome at the Club and I hope you enjoy being kept in the picture! I post most things on our Facebook and Website so don't forget to take a look so you don't miss anything.

Best wishes to you all for a very happy Christmas, a prosperous New Year and good bowling results in 2023.

Club Captain
Keith Camp



I have been at Shouldham Bowls Club for 6 years now and seen the Club progress into many different Leagues, with this year being the most successful yet winning 5 leagues out of the 9 we entered.

We are gradually getting the Social side of the club moving forward now, with basket meals on Fridays and once a month Sunday roasts.

We have a Christmas Party coming up along with a New Year's Eve Party, plus more events in the New Year, check out our Website and Facebook pages for details.

If I don't see any of you over the next few weeks have a Merry Christmas and a Happy New Year.

Treasurer Alexis Brand



I would like to thank all members and volunteers for the support given during the last few months particularly during the off-peak season when income can often dip. However, the increase in social events, new members, and the generous support given has kept the ball rolling.

The dinners and twice monthly cash Bingo have been very well attended, with extra boosts from sporting events on our screen, also Crib and Pool Leagues bring in regular income. The 50/50 Club is getting off the ground. Details are available at the bar if you wish to participate.

The new kitchen has started to earn its keep with bar meals being served on a regular basis, also private parties and celebrations have made a significant contribution to our finances.

Looking after, repairing, maintaining the building and the green incur some heavy oncosts. These are the hidden costs of rates, water, electricity, heating, insurance, licences, stocking the bar, not to forget fertilisers, and green dressings etc

“All hands-on Deck” and “Many hands make light work” are great old-fashioned Mantras for any successful club managed by the goodwill of the members. The stalwart pack of volunteers do a tremendous job, always much appreciated, and applauded. Many of their tasks are unseen often carried out during quiet times.

Thank you all once again for your support and we look forward to seeing you all soon.

Best Wishes and Seasons Greetings to you and your families, and good health for 2023.

Alexis Brand

Ladies President Shirley Jones



After many years as Ladies President of Shouldham Bowls & Social Club, Eileen Dawson has hung up her jacket. Eileen has been a fabulous fount of knowledge and among us lady bowlers the words “I don’t know, ask Eileen” have been heard countless times and become a legendary saying. With her hard work the ladies have discovered what bowling is all about – Enjoyment.

At present we have 20 lady bowlers at the club but are always hoping for more. When the bowling season begins in April/May the Ladies section bowl in the Kings Lynn League on a Monday evening. 6 players are needed per match. Opposition is fairly local, - Downham, St. Lawrence, Upwell, Kings Lynn and the furthest, a trip to Hunstanton. The Ladies also play in the Denton League with matches taking place on a Wednesday afternoon. Again teams are quite local, - Downham, Swaffham, Northwold, Upwell and Kings Lynn.

Under Eileen’s guidance we have been encouraged to enter Norfolk County Competitions and although this sounds quite daunting it has put Shouldham on the map in the bowling community. I hope lady bowlers will continue to enter these competitions and enjoy the experience.

Shouldham Bowls & Social Club gives ample opportunity to experience relaxed games of bowls and also openings for the more competitive. All bowling members can use the bowling green for gentle roll ups if matches or work on the green isn’t in progress.

If anyone would like more information on the Ladies bowling section, whether you already bowl or not, please don’t hesitate to get in touch with the Bowls & Social Club or anyone you know who is already a member.

Shouldham Bowls & Social Club welcomes everyone. Whether you look forward to the outdoor bowling season of April to September or have no interest in Bowls at all (but you never know, you might just get hooked on the bowling once you have tested it out) membership is open to all. Although prices are going up everywhere we still try and offer sensible membership fees so that everybody can enjoy the community feeling, entertainment and nights out without too much worry.

Annual Bowling Membership is £40 with Concessionary Bowling Membership £35 (state pension age)

Family Social Membership is £20 with Concessionary Family Social Membership £15

Under 18 or in FTED for Bowling Membership is £20 and under 18 or in FTED Social Membership £10.

We feel this gives very good value for money. Membership offers many benefits – good bar prices, use of the Club free of charge for various functions such as birthday parties or any special occasion. Our newly equipped kitchen is available to use at these functions for a cost of £40. Membership can be applied for online on the

Shouldham Bowls & Social Club Website, or pop into the Clubhouse itself where forms are available at the bar.

We have the facilities to put on entertainment and are looking in the near future to try out all sorts of different social events which members will automatically be advised of by email.

Pool Team Captain
David Brighton



As we reach the halfway point of the season, we are pleased to report we are currently second in the Downham League.

We would like to take this opportunity to thank Shouldham Bowls Club for accommodating us.

Looking forward to a good second half of the season and wish you all a Merry Christmas and a Happy New Year.

John Dovey - Cribbage Captain

The crib team season runs from September to the end of March (outside of the Bowls season). We play every Tuesday usually alternating between home and away.

We play in a team league competition from September to Feb and then individual knockout competitions in March.

Six people are required for a team we currently have eleven members it would be nice to get a few more members and have 2 teams. Please see attached the current league positions.

DOWNHAM MARKET CRIBBAGE LEA

SEASON 2022/23

Results & Placings for 13th December 2022

Blue Bell	4	Runcton Holme S.C.	5
Watlington S.C. A	2	Chequers	7
Shouldham B.C.	3	Watlington S.C. B	6
Wm.Burt S.C.	5	Conservative Club B	4
Conservative Club A	6	Marham B.C.	3

Team	P	W	L	F	Pts.
Runcton Holme S.C	13	9	4	67	18
Wm.Burt S.C	13	9	4	65	18
Conservative Club B	13	8	5	65	16
Marham B.C	14	7	7	63	14
Conservative Club A	14	7	7	62	14
Shouldham B.C	13	7	6	54	14
Watlington S.C B	14	6	8	65	12
Watlington S.C A	14	5	9	55	10
Wimbotsham Chequers	12	5	7	50	10
Blue Bell	14	4	10	57	8
	134	67	67	603	134



25				
26	Outstanding matches:			
27	Chequers v Shouldham Bowls			
28	W.Burt S.C. v Chequers			
29	Conservative Club B v Runcton Holme S.C.			
30				

ENGLAND & WALES WORLD CUP MATCHES



Although England are out of the World Cup the clubhouse we were pleased to see so many watching the football, ordering basket meals and enjoying a drink.

Shouldham Bowls & Social Club
Sunday
18th December



WORLD CUP FINAL FRANCE V ARGENTINA

BAR OPEN FROM 12 NOON
Basket Meals Available



Fairstead Drove Shouldham PE33 0DL

Clubhouse will be open for the final



CHRISTMAS LUNCH

SUNDAY 11TH DECEMBER at SHOULDHAM BOWLS & SOCIAL CLUB

The Xmas Dinner on 11th Dec was a resounding success with 30 diners enjoying a 2 course Lunch - thanks to these lovely people.



11th December 2022 Sunday Lunchtime













A cold morning with frost on the grass but warm in the clubhouse.



A buffet we provided for a Wake in December





Shouldham Bowls & Social Club

For all your Catering needs...

Phone or Email for a quote.

**Licensed Bar with low price drinks.
Music licence available.**



CATERING Available

Hire our Clubhouse for any Special Event?

**Parties
Wakes
Weddings
Family Teas**

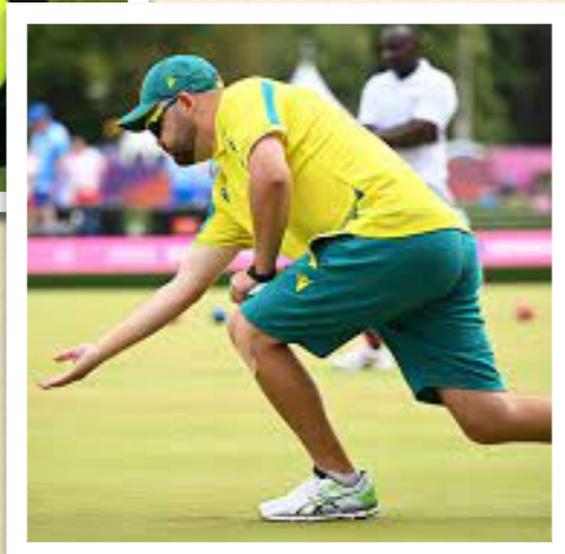
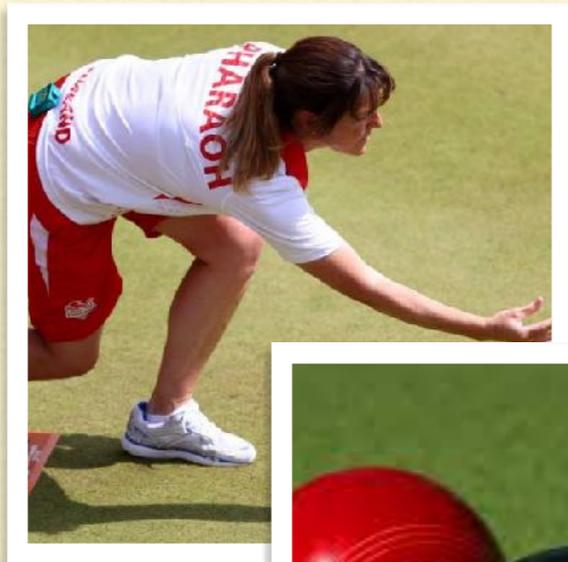
We can provide a Licenced Bar

Large Clubhouse 01366 348196 📞

Car Park Shouldhambowls@gmail.com ✉️

Shouldham Bowls & Social Club, Fairstead Drove, Shouldham, PE33 0DL

HAVE YOU THOUGHT ABOUT PLAYING THE GAME OF BOWLS?



- All age groups are welcome
 - Female or Male
 - Any Nationality
 - Easy to learn
 - Mixed/Ladies/Men's matches
 - Social Bowling
-

We welcome new Bowlers

For New Bowlers

The sport of bowls can help everybody unlock the many advantages of playing sport. Bowls is as doable a sport as one can play. Physically, financially and practically, there are no real reason not to have a go. In fact 93% of people feel they are capable of playing bowls.

Most people, notably over 60s and those with disabilities or health conditions, find bowls vitalizing. It delivers mental and physical health benefits and acts as an essential social lifeline.

*Bowls is highly **SOCIABLE** providing a level playing field across ages and genders. Competition amongst friends and family is authentic and clubs feel like a home from home.*

*And finally, playing bowls is a simple skill which takes a minute to learn, but a lifetime to master. Its **MEZMERIZING** qualities capture imaginations and give people the time of their life.*

GETTING STARTED

It's normal to feel slightly apprehensive about starting something new, but bowls is a sport that is easy to take up. The rules of the game are relatively simple, the basic technique is not complex and you don't need lots of new kit. This section explains more.

The Rules of the Game

Like boules on the beach or a game of skittles, it'll take you no time to figure out the basic rules of the game.

Bowls is played on a square of grass called a green, which is divided into lanes called rinks. Players take turns to deliver their bowls from a mat at one end of the rink towards a small white target ball, often referred to as the 'jack', situated near the other end. The bowls are shaped so that they take a curved path towards the jack, known as the bias.

The aim of the game is to get your bowls closest to the jack. One point is given for each bowl nearer the jack than the nearest bowl of your opponent. For example, if you or your team has three bowls closer to the jack than your opponent's nearest bowl then you will score three for that end.

Each game is split into individual ends. After playing all the bowls in one direction and agreeing the score, the next end is played back down the rink in the opposite direction. The winner of the previous end will cast the jack.

There are different formats of the game. You can play singles or as part of a team, and a match can vary in lengths. The winner can either be the one who has scored the most shots after a specified number of ends or the first to reach a designated score.

The Basic Technique

The sport of bowls takes a minute to learn, but a lifetime to master. The action required to deliver a bowl is based on a fairly natural physical movement and your first shot could be every bit as good as a world champion's.

Every bowler's delivery is slightly different but you can't go too far wrong, and no-one's going to laugh at you whilst you're getting the hang of it. Once you have got the basic delivery sussed, you'll be hooked on getting consistently close to the jack. Here's a basic guide to help beginners get started. If you have a physical disability, you may need to adopt a different approach.

The Position on the mat and Stance

Before delivery you should stand on the mat. Face forward with your feet pointing towards the jack, but to one side of it depending which way you are planning to curve the bowl. The bowl should feel comfortable in your favoured hand and be placed outside the hip to enable an unimpeded backswing. You should be looking where you're aiming.

The Delivery

Most players combine a forward stride with their backswing. On completion of your backswing, then swing your arm forwards whilst bending your knees so, at the moment of release, the hand holding the bowl is almost touching the ground. This helps the bowl roll smoothly. At the moment of delivery, make sure one of your feet is on the mat. Simple as that!

The Bias

Oh yes, the bias is the slightly tricky bit! The bias is the shape of the bowl that makes it turn. To make it easy, bowls have a large disc one side and a small disc on the other. The bowl curves towards the side with the smaller disc. So, if you are a right hander holding the bowl with the small disc on the side nearest their thumb, the bowl will curve from left to right so you need to aim to the left of the jack.

NOTES

The image of players dressed in 'whites' is far from the reality these days. For newcomers playing social bowls, the dress code is usually relaxed and whatever makes you feel comfortable. A t-shirt or polo shirt, together with shorts or jeans would be ok.

If you start playing more competitively and go on to represent our club, it is likely you will be asked to buy some club kit so you look part of the team. This is available - ask Shirley.

Now you're ready to start playing

LEARN THE LINGO

Do you know your ditch from your jack? What's the difference between forehand and backhand? Don't worry - we've got you covered...

All sports have their own language but not to worry! Now you're ready to get started, here are a few terms that will help you chat about the sport.

Backhand | When (for a right-handed player) the bowl is delivered so the curve of the bowl is from the left to right.

Bias | The shape of the bowl which causes it to curve.

Delivery | The moment the bowl leaves the hand.

Ditch | The gully around the green. If a bowl ends up in the ditch and it is not a 'toucher' then it doesn't count.

Draw | A bowl delivered at the correct weight, and with correct line, to arrive exactly where you want.

End | The sequence of play from the moment the mat is placed down until all bowls have been delivered and you know who has won. A bit like a game in tennis!

Foot fault | If you don't deliver the bowl with part of your foot on or above the mat.

Forehand | When (for the right-handed player) the bowl is delivered so that the curve of the bowl is from the right to left.

Green | The total playing area. There are usually 6 rinks on each green.

Jack | The little round target ball to which you're trying to get your bowls closest.

Mat | The rectangular shaped mat from which the bowler must deliver the jack and/or bowl.

Pace of Weight | The amount of force with which the bowl is delivered to execute a particular shot.

Rink | The rectangular strip of the green, between 4 and 6 metres wide, on which the game takes place.

Stance | Position adopted on the mat prior to delivery.

Shot | The bowl that is nearest the jack at any stage of play.

Toucher | A bowl that hits the jack during its original course. This bowl still counts even if it ends up in the ditch.

FROM THE COMMITTEE

We would like to wish everyone a very healthy Christmas break and that you all enjoy time with Family & Friends. Remembering those who are no longer with us this year. Our best wishes to you all for 2023 and we look forward to seeing you all either on the bowling green or in the Clubhouse.

HAPPY CHRISTMAS & A PROSPEROUS & HEALTHY NEW YEAR IN 2023
