

Stroke Survivors Bowls session

We recently went along to the Stroke Survivors session to find out more information and meet those involved in this truly wonderful project.

The session has been running since January 2017, thanks to start-up funding from Bridgend's Community Chest Grant with 10-15 people affected by stroke attending on a weekly basis. It started when the Chair of Ogwr

Bowls club Wynne Walters met with the Stroke Association's, Stroke Support Coordinator – Communication Support Karyl Carte Wynne told us

'We realised there was a demand amongst Karyl's members and made it happen!'. Wynne goes on to tell us that after the first session he could see the positive impact the bowls session was having on the men and women 'they were so pleased to be enjoying life, exercising and mixing with friends'. This session has also had a positive impact on the club. Club volunteers who help to facilitate the sessions also gain so much; in particular, a feeling of satisfaction that we are helping others. Wynne tells us 'It also gives us a sense of perspective to see these guys enjoying life after serious illness.'

We got to chat to one of the ladies that attends the Stroke session-Stella. She tells us that she is determined to beat stroke and bowls is helping her do just that 'Bowls provides me with both physical and mental benefits and has improved my overall wellbeing.' She goes on to tell us why this session is so important to her and those that attend 'It means a lot to us, 'it's not just exercise, its company and means we don't have to sit in the house on our own. I have met some great friends and look forward to seeing them every week at the bowls session'.

Half way through the session they stop for tea and cake which gives club members and stroke survivors an opportunity to talk or a well needed rest.

As a result of this session a number of people have really taken to the sport and have now joined as full members of the Club and bowl in the weekly leagues. In the words of Stella 'Come and try! You will be surprised just like I was, I didn't think it was for me but I love it.'



A special mention to the volunteers from Ogwr Bowls Club for making these sessions happen every week. To find out more information about Ogwr Bowls Club visit: www.bridgendindoorbowls.co.uk

For information about activities led by the Stroke Association's Stroke Community Steps project: <https://www.stroke.org.uk/finding-support/community-steps-programme>