



Harperbury Bowls Club Newsletter 1955 - 2020

MARCH 2020



Members are reminded of the club ethos of respecting the right of all club members to participate in club activities free from harassment, abuse and intimidation.



Always look on the bright side of life! In these very scary times keep safe, keep positive, keep your brains active and your arms swinging as we will be back out there soon.

Committee News.

Potters

This trip has been cancelled as Potters has now closed. At the moment they are offering a 'voucher' for us all against future stays. We are pushing for cash refunds but they are unable to offer that at the moment.

We are hoping to go to Potters either late March or early April 2021 on a Monday to Friday pre-season break so worst-case scenario those hoping to come could use the voucher then. As I said we are trying to get money back.

We will keep you posted.

Pretty Woman.

I have managed to move the tickets to MON 2nd NOV performance hoping everything is back to normal by then. Please let me know if you cannot make that date and I will try and re- sell your tickets.

Buddy system

With the Great British Spirit and God willing I am sure we will muddle our way through these troubled times if we follow the guidance. The important thing is that we all look after ourselves and look out for each other and protect our over 70's and vulnerable people.

At the moment we are allowed out to get shopping etc. Some of the committee are willing to buddy up with our members that are struggling to get supplies.

So....If you feel a buddy would help you please let us know. Your 'buddy' will do their best to fetch supplies in for you when they do their weekly shop providing we can get hold of supplies of course! They can also call you on a regular basis for a chat etc. Obviously if you are being well supported already don't feel you HAVE to have a buddy. It is here if you need it you just need to let us know. Why not email or text another member just to let them know they are thought of?

A little quiz for your little grey cells! Mixed up presidents and prime ministers – aren't they all a little mixed up 😊

- 1 THAT GREAT CHARMER
- 2 HE GREW BOGUS
- 3 I'LL CRUNCH THIS NOW
- 4 FINEST LOVE-LORN DARK
- 5 JOHNNY 'N' BOLD SON
- 6 THEN ANNOYED
- 7 WRONG OR BOND
- 8 ENEMA IN JAILBIRDS
- 9 A AS CHUBBIER AS A MONK
- 10 LOWER PORTABLE
- 11 AN ORAL DANGER
- 12 WELL BANDY SAINT
- 13 A HOODLUMS SACRILEGE
- 14 GOD WELL ANIMALIST
- 15 WAR ON,HE GETS GOING
- 16 AN ILL CLOWN,I'M IT
- 17 I CHARM ALL OLD MAN
- 18 STARMAN HURRY
- 19 PLEB TORIES ERR
- 20 THE HATED
- 21 JAM MERIT CRY
- 22 GOD, I'D LEG OVER LADY!
- 23 NOW WRITE HIGH DEEDS
- 24 CLASH A JAM ANGEL
- 25 OH MAN! BRAIN CALL
- 26 WINDOW LOW OR SO
- 27 THROW UP ELITE MALIGNITY
- 28 TORY IN LAB

A few pictures of what we can look forward to after this virus disappears up its own backside!



Lovely Nessa thought this would help and I agree.....



Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. To some people this can seem quite daunting. Not being able to go about your daily routine or undertake the activities you normally do, after a while, could become quite stressful.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

- 1 Establish a daily routine.** Routines provide structure and purpose.
- 2 Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
- 3 Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
- 4 Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
- 5 Identify the triggers that make you feel low** and look for ways to reduce or manage them.
- 6 Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
- 7 Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the [BDA website](#).
- 8 Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
- 9 Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
- 10 Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. [Age UK](#) and [Silverline](#) have people to speak to.



Another little tester for you all... Say what you see.

DINGBATS 5

<p>ALL EARTH</p>	<p>e r e r KIDS q i u</p>	<p>F e</p>
<p>1</p>	<p>2</p>	<p>3</p>
<p>CCCCCCC</p>	<p>PPPPPP BU</p>	<p>r o b n i</p>
<p>4</p>	<p>5</p>	<p>6</p>
<p>boy → yob</p>	<p>ccrreeaamm</p>	<p>ever ever Thursday ever ever</p>
<p>7</p>	<p>8</p>	<p>9</p>
<p>Henry bored</p>	<p>Read Read Read IT Read Read Read</p>	<p>EACK</p>
<p>10</p>	<p>11</p>	<p>12</p>
<p>BUS BUS</p>	<p>Dust Dust Dust</p>	<p>CHESS</p>
<p>13</p>	<p>14</p>	<p>15</p>
<p>MOTHER</p>	<p>Lounge</p>	<p>gluttony greed gluttony pride anger greed sloth envy sloth envy anger pride</p>
<p>16</p>	<p>17</p>	<p>18</p>

Our Bowls Green

Following advice from Bowls England the essential work on the green will be carried out twice a week by Aaron and Michael while they can. They will use it as their daily exercise and as they are both from the same household they can be outside together.

We are all very grateful to Aaron and Michael as they do their best to make sure that once we are able to start our season, the green will be ready as well.

As a club, with a loss of revenue this year due to the late start of the season, we will be very reliant on your subs to get us through these difficult times. If you haven't already done so please post your membership form to Peter and either send a cheque or do a bank transfer.

Sheila, as competition secretary, is looking at provisional dates for competitions in anticipation that we will have some sort of a season this year so do please still enter the internal comps.



Captains report Deb Trollope

Well, here we are. We are part of a nation trying to stem the curve of this awful virus by self-isolating on a massive scale. By doing this you are protecting our vulnerable people and my NHS work colleagues.

I can't even begin to explain what it is like to be working in the NHS at the moment. I am SO proud of everyone involved with the NHS from admin to ITU staff on the front line. Anyone with family working in the NHS at the moment will share my sentiments, as everyone will I am sure.

Our pregnant and new mums are very worried and we have had to prioritise our visits. Most of our consultations are having to be over the phone with staff going out for just the essential visits for new mums and their babies

Staff working in the NHS are also having to self-isolate which is the absolutely right thing to do but it leaves a service that was already struggling really short of staff trying to look after an unprecedented number of patients with this virus. That said everyone is working flat out doing whatever extra they can to look after everyone including themselves.

Remember people are in hospital with all the other stuff that is still going on as well – cancer treatment and other acute illnesses not just Covid-19. On top of that you have NHS staff terrified of taking this virus home to their loved ones, some of whom are in the vulnerable groups.

NHS workers are not the only keyworkers that are keeping us going though – I expect every family has a member still going to work each day to keep the country running. Our waste refuse collectors were out this morning, teachers looking after their own families and keeping their classes going on line, essential shop workers, post office staff, delivery drivers etc all so important.

So PLEASE make sure your families are self-isolating away from groups and others and only going out to the shops when ABSOLUTELY necessary. Keep your shopping trips down to once a week if you can. It is also very important for your mental health that you do get out, by yourself or with someone from your household for a walk, bike ride etc while we are still allowed.

We will beat this but it needs EVERYONE to get on board with the measures the government release day by day and stay safe.

Debs T



These pictures made me chuckle!