



## Ever wondered about using a bowling arm?

As we are fast approaching the start of the outdoor bowling season, I am sure many of you are looking forward to getting onto the green and participating in the leagues, competitions, friendlies and roll-ups.

Some of you may however have worries. Will I be able to roll my bowls full length, will I be able to get down low enough for a smooth delivery, will I cause unnecessary damage to the green?

If you have concerns, then maybe it is worth considering using an aid such as a bowling arm. For those of you who don't know what this is then please take a look at this YouTube video which provides more detail, [\(121\) Lawn Bowls for Fun 31 - Trying out Bowling Arm Aids. - YouTube](#)

### Coaching Support

The club has purchased a selection of bowling arms that you are welcome to try under the supervision of our coaches who are ready and able to offer assistance, [Improve your game with coaching – Hedge End Bowling Club](#) The coaches contact details are available to HEBC members through the [Bowlr system](#)

### Testimonial

If you need any more convincing that a bowling arm can extend your bowling life, then please read the testimonial below from Les. Many of you will have seen Les using his bowling arm last year and I'm sure been impressed with his delivery and accuracy of shots,

*"I have been bowling at Hedge End for about 12 Years.*

*Last year while bowling indoors I put my back out and was unable to do very much for the following 6 months. Wanting to play outside but not being able to bend I decided that a bowling aid was what I needed.*

*The benefits of the aid meant that I could play an almost normal game. It enabled me to pick up and bowl both woods/jacks without having to bend down.*

*The support came from members of the club by way of amazement of what I was achieving with the aid.*

*Deciding which aid to get was easy as a member of the club already had one that I could look at.*

*I would encourage anybody who is struggling to bend, has bad knees, arthritis in the hands to give it a go. It is not difficult to use just a few practice sessions.”*

Happy bowling!