



CIRCULAR

ROYAL NSW BOWLING ASSOCIATION LTD.

PO Box A2186, Sydney South NSW 1235

Ph: (02) 9283 4555, Fax: (02) 9283 4252

email: rnswba@bowlsnsw.com.au

<http://www.bowlsnsw.com.au>

No: 02-2018
Date: Tuesday 23 January 2018
To: Zones, Districts & Clubs
Re: Bowling for Better Balance

In April 2018 Bowls NSW will partner with Neuroscience Research Australia (NeuRA) to promote *Bowling for Better Balance*.

Research has proven the greatest change to the pattern of healthy ageing comes from a fall, it has also shown these falls ARE preventable with proper exercise training as we age and strive to maintain mobility and good balance. NeuRA have developed a number of programs to help prevent falls amongst older Australians. These programs offer simple yet effective strategies that people can do at home to improve mobility, stability and to rehabilitate after a fall – for this research to continue vital funds are needed.

Event Structure

The structure of the event has been designed to minimise administrative demands on clubs and individuals.

December 2017 - Clubs received an email for online registration (no entry fee)

Jan / Feb 2018 - Club chooses a day in April to bowl and support falls prevention research

- NeuRA provides promotional material to clubs registered for participation
- Clubs promote the event to its members

April - On chosen day, clubs host ***Bowling for Better Balance*** and donate 'comp of the day' fees to support falls prevention research at NeuRA

- Individual players will be given the opportunity to make their own donations

May / June - After the event details of club and individuals are sent to NeuRA in envelopes provided for receipting by NeuRA for tax purposes

- Each club will receive a letter from NeuRA CEO and certificate of appreciation

For more information or to register for the event go to;

Web - foundation.neura.edu.au/bowls_for_balance/ **Email** - bowls@neura.edu.au **Phone** - 02 9399 1093

Bowls NSW supports its members' health and encourages all clubs to join Bowling for Better Balance.

Greg Helm
Chief Executive Officer
Bowls NSW