BOWLS DEVELOPMENT ALLIANCE

OUTCOME REPORT

CAN YOU BE ACTIVE FOR

21.4 MINUTES A DAY?

In partnership with

ONE YOU LINCOLNSHIRE

ONE YOU LINCOLNSHIRE

STEP INTO BOWLS

BACKGROUND

One You Lincolnshire offers a variety of free health and wellbeing programmmes aimed at helping residents improve their health and lifestyle. They support people who want to change their habits and live a healthier lifestyle. This includes:

- stopping smoking
- drinking less
- eating well
- taking more exercise

One You Lincolnshire is a programme funded by central government, Lincolnshire County Council, which manages the scheme and has an annual budget of £3m. Funding comes from a government grant, but the council and NHS decide how to spend it.

The partnership between the Bowls Development Alliance and One You Lincolnshire was established to deliver a 12-week Bowl for Health programme, branded 'Step into Bowls'. The programme aims to increase physical activity levels by engaging inactive and less active adults through the sport of bowls. Its primary objective is to support participants in achieving the recommended 150 minutes of moderate physical activity per week, equivalent to an average of 21.4 minutes per day, while also improving health, wellbeing, confidence, and social connection .

The programme was being delivered and supported by Lincoln and District Indoor Bowls Club using their fanstic coaches and volunteers.

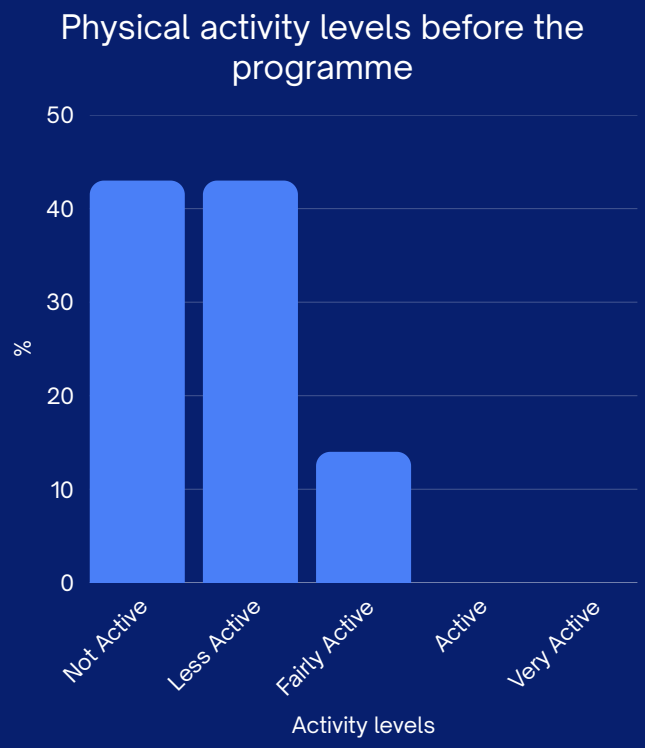
To measure the impact of the programme, participants completed a questionnaire both before and after taking part. The questionnaire collected demographic information, including age, gender, disability and ethnicity, to understand who the programme was reaching. Participants were also asked about their attitudes towards physical activity, including whether they enjoy being active and their current activity levels.

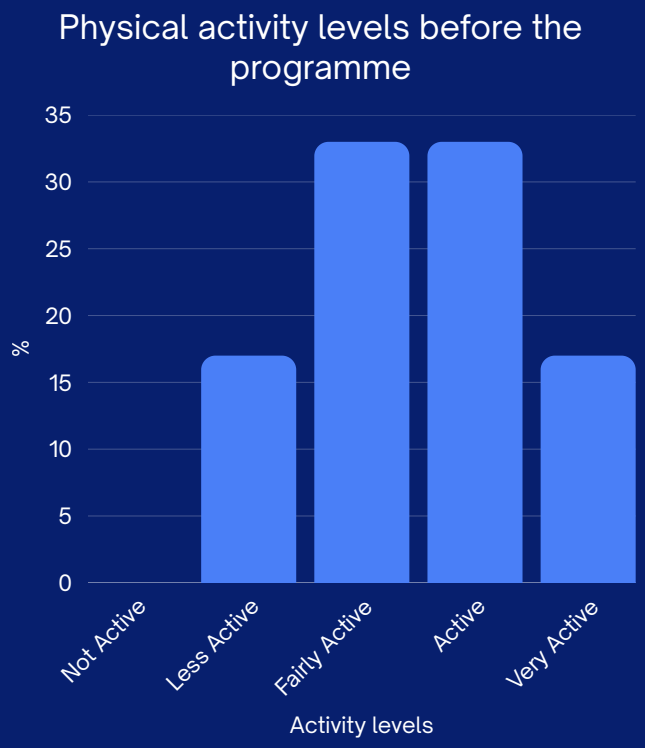
To assess changes in health and wellbeing, the questionnaire measured life satisfaction, feelings of purpose and whether participants felt the things they do in life are worthwhile, as well as their overall happiness.
In addition, participants were asked a series of questions relating to confidence and resilience, including how confident they feel in themselves, whether they believe they can achieve the goals they set, and whether they persevere when faced with challenges.

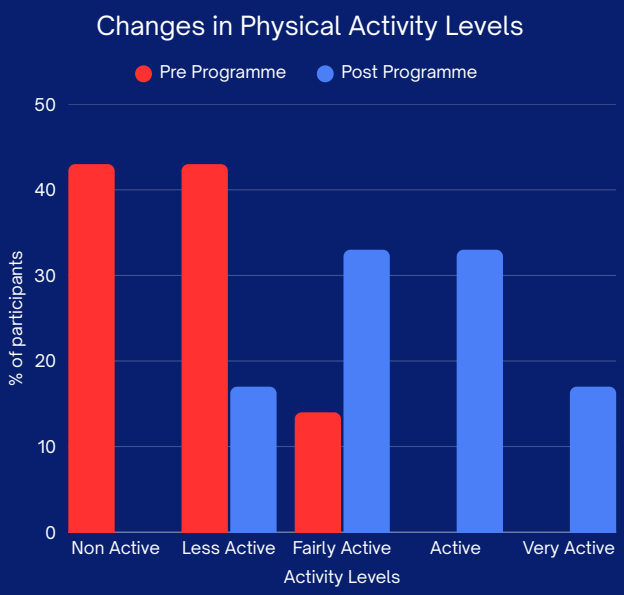
Collecting this information before and after the programme enables changes in physical activity, wellbeing, confidence and resilience to be measured, providing a clear understanding of the programme's overall impact.

HEADLINE IMPACT

The Bowl for Health programme has demonstrated a positive impact on participants' physical activity levels, wellbeing, confidence and attitudes towards being active.
Although 14 participants completed the pre-programme questionnaire and 6 participants completed the post-programme questionnaire, the comparison of matched outcome measures provides clear evidence of positive change. Participants became more physically active, reported higher levels of wellbeing, developed greater confidence and resilience, and expressed a much more positive attitude towards physical activity.







This represents the strongest outcome from the programme.
Before starting Bowl for Health, **86% of participants were inactive or doing less than the recommended amount of daily physical activity.** By the end of the programme, **83% of respondents were achieving at least 30 minutes of activity each day**, while half now considered themselves Active or Very Active. The programme has successfully helped participants develop more active lifestyles.

IMPACT AND BENEFITS

Enjoyment of Being Active Changed

Like/Really like being active increaed from 28% pre programme to 83% post programme

Many individuals who were initially indifferent or disliked being active now enjoy physical activity, demonstrating that bowls provides an accessible and enjoyable route into regular exercise

Average scores increased in the following questions to participants from pre to post programme

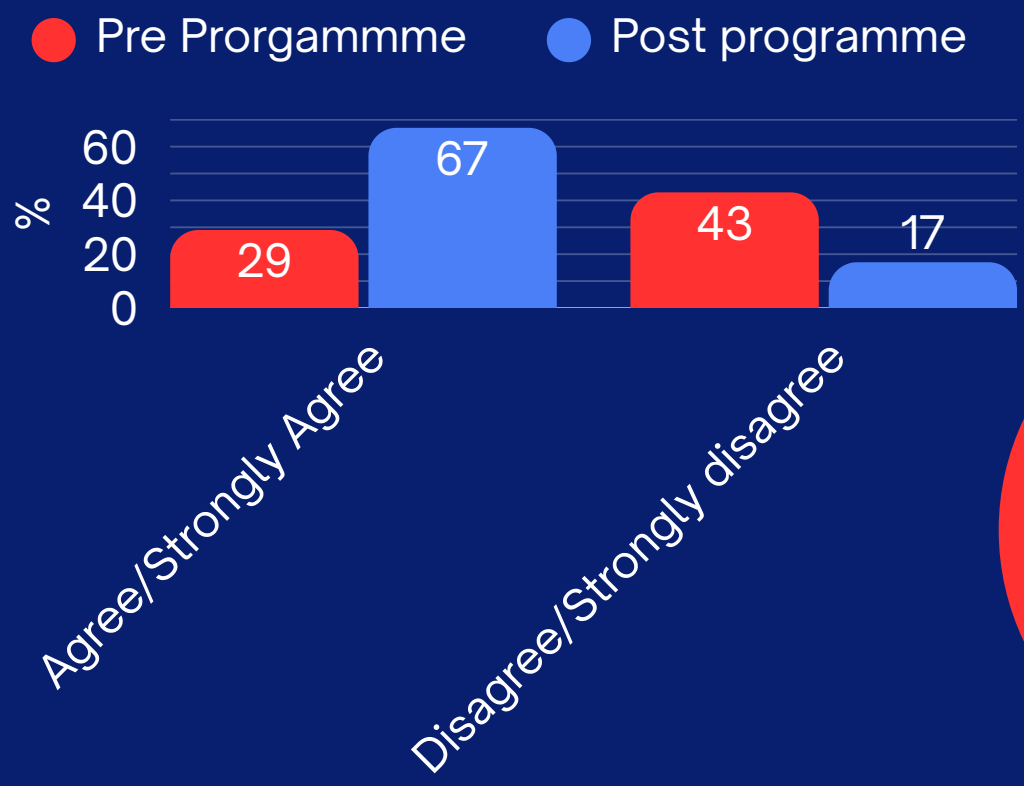
Overall Life satisfaction	+ 33%
Feeling Life is Worthwhile	+ 27%
Happiness Yesterday	+ 56%

Participants reported noticeable improvements in all three wellbeing measures.

The greatest improvement was seen in **happiness**, suggesting the programme had a positive influence on participants' mental wellbeing as well as their physical health.

IMPACT AND BENEFITS

Participants felt more confident



Impact

Participants reported substantially greater confidence after completing the programme.

Participants demonstrated a notable increase in their belief that they could achieve the goals they set themselves. The proportion of participants who agreed they could achieve their goals increased from **21% before the programme to 50% after the programme**, while those who **disagreed reduced from 50% to 17%.** These findings suggest that participation in the programme helped to strengthen self-belief, confidence and self-efficacy, leaving participants feeling more capable of overcoming challenges and achieving personal goals.

Participants demonstrated increased resilience following the programme, with the proportion who agreed or strongly agreed that they keep trying when faced with difficulties **rising from 36% before the programme to 67% afterwards.** This suggests that participants developed greater perseverance and confidence in overcoming challenges.

PARTICIPANT VOICE AND FEEDBACK

Increased confidence

"I found it difficult but it helped me in many ways."

New friendships

"Met new people who have become friends."

Learning new skills

"Learning a new skill... we may take it up as a regular hobby."

Feeling welcomed

"Very welcoming and well organised."

Continuing participation

"I've already joined the club."

Conclusion

The comparison between the pre- and post-programme questionnaires demonstrates that Bowl for Health is successfully supporting inactive adults to become more active, improve their wellbeing and develop confidence in a supportive community environment. While the post-programme sample is smaller (6 respondents), the consistent improvements across all measured outcomes, supported by participant feedback, provide strong evidence that the programme is achieving its intended impact.

KEEP IN TOUCH

www.bowlsdevelopmentallinace.com

ClubDevelopment@bowlsdevelopmentalliance.com