

For those using the web page please use the link below to return to your options page

<https://www.taundeanbowls.com/news/monthly-newsletters>

2024

TDBC
Newsletter

Club News
Stay in the Know!

HAPPY
NEW YEAR

Ring in the New Year is a cause for celebration, for spending time with friends and family, and for offering happy New Year wishes.

Another year of success and happiness has passed. With every new year comes greater challenges and obstacles in life. I wish you courage, hope and faith to overcome all of the hurdles you may face. May you have a great year and a wonderful time ahead.



What is Adult Safeguarding

Safeguarding is everybody’s responsibility and business. It is the right to live safely, free from abuse or neglect or harassment. All adults have a right to be protected from abuse or poor practice regardless of

- Age
- Ability or Disability
- Gender
- Race
- Religion
- Ethnic origin
- Sexual orientation
- Marital or Transgender status

A vulnerable adult is anyone over 18 who has care or support needs and is thought to be at risk from past, present or potential future abuse or neglect and are unable to protect themselves.

The following are examples of types of abuse that vulnerable adults need to be protected from but is not an exhaustive list,

- Physical abuse - hitting, pushing, restraint,
- Sexual abuse - sexual teasing or innuendo, inappropriate touching, sexual assault, rape,
- Psychological abuse - humiliation, intimidation, blaming, controlling, bullying,
- Financial or material abuse - scamming, theft, fraud,
- Domestic violence - while in a relationship all of the above,
- Modern Slavery - human trafficking, forced labour, domestic servitude, slavery,
- Discriminatory abuse - harassment due to race, gender, age, sexual orientation, religion,

Neglect and Acts of omission - ignoring medical, emotional or physical care,

Self neglect- neglecting to care for personal hygiene, health or surroundings including hoarding,

Organisational abuse - neglect and poor care practice in an institution or specific setting,

Radicalisation - using internet to radicalise and recruit and to promote extremist materials,

Female Genital Mutilation (FGM) - partial or total removal of external female genitalia. It is illegal in England and Wales,

Forced Marriage - where adults are unable to consent and duress is involved, this is different to arranged marriages. It is illegal in England,

Honour based abuse - term used to describe practices used to control and punish behaviour of a member of a family or social group to protect cultural or religious beliefs in the name of honour,

Hazing - activity expected of someone in joining a group that humiliates, degrades, abuses or endangers them,

Often the perpetrator is known to the adult and maybe in a position of power or trust.

Examples within the sport.

- Harassment of a participant due to their perceived disability or other protected characteristic,
- Verbal abuse, persistently blaming someone for poor performance, conversations with an overt sexual content, use of inappropriate language,
- Threats of physical harm,
- Sending of unwanted explicit text messages,
- Not meeting the needs of a participant,



An elite participant controlling another player.

- Outside of the sport abuse could be carried out by,
- Spouse, partner, relatives, friends, carers, acquaintances or strangers
- Signs of abuse can include,
- Unexplained bruises, cuts or injuries,
- Personal belongings or money going missing,
- Individuals not attending or no longer enjoying their sessions,
- Weight loss or gain,
- Unkempt appearance, deterioration in personal hygiene,
- Changes in mood or behaviour,
- Change in confidence,
- Showing fear of a particular group or individual,
- Someone always speaking for or making decisions for an individual.

As members of the club we need to be aware of potential or actual abuse or neglect of members inside and outside the club and be prepared to seek guidance or advice on how to deal with things if we see abuse first hand or if it is brought to our attention.

Often there is 'soft ' information - thoughts, feelings, small incidents occurring with individuals that others pick up on but do not act on - until there is 'hard' information when something of greater significance actually occurs and impacts an individual who then comes forward to seek advice or report it. There are safeguarding report forms to help people think through and record the information necessary, these are found on the notice board alongside the doors to the bar and changing room areas.

Liz Dicks 01823 974729, 07816493988, dixie3150@sky.com



TDBC
Newsletter

Club News
Stay in the Know!

*Competitions
Committee*

Club Winter Competitions

The quarter finals of the Club competitions are about to start. Their play by_date is Sunday 18 February 2024.

The quarter finals of the Generation Pairs competition will be played on Saturday 13 January at 10 am. In the Generation Pairs, the junior team member plays Skip and the adult team member plays Lead. The format of matches is 2 sets of 6 ends, if the sets are tied a deciding end is played.

Come along and watch a great morning’s bowls.

The draw for the Generation Pairs is:

| Quarter Finals | Semi Finals | Final |
|--|---------------------------------------|--|
| To be played at 10 am on 13 January 2024 | To be played at 10 am on 2 March 2024 | To be played on either 13 or 14 April – Club Finals Days |
| Jessica Gale & John Ainley V Bye | Jessica Gale & John Ainley V | |
| Noah Greenhoff & Simon McBride V Katie Wood & Rod Ellis | TBC | TBC |
| Isaac Greenhoff & Rob Standing V Lucas Beale & Helen Acreman | TBC | V |
| Ella Striland & Myra Duncan V Cameron Jones & Tony Hardiman | V TBC | TBC |

Myra Duncan - Competitions Committee

New Year – Do Something New – Volunteer
Thank You to those of you who have volunteered to help run your club, however...
You are still needed for:

Do you the Club's Facebook page and Website?

The Club's FB page and website are our window to and from the world. At the moment they are kept up to date by 1 person. So, could you be a back up to this person to keep these communication channels topical and informative. If social media is your thing, you could manage the Club's FB page. Copying and pasting information sent to you, and if you are creative, writing your own content. As long as you are able to switch between your own and the club account.

For both roles the time commitment is minimal and can be done from home. Training will be given. Contact Helen Horton. 07307 641905
helenhorton6@gmail.com

Grounds and Gardens

Many visitors and Club Members remark on how lovely our garden and grounds are. Keeping them this way is down to a small group of people who need more help. There are jobs to do all year round, so contact Mike Beale 01823 278754 to help 'grow' this team. Wednesdays 9.15 am.



Are you an early riser?

Then you can join the rink carpet Hoovering team. A couple of hours every few weeks on a rota to hoover the carpet. Thursday mornings 7-9am. Instruction given. Contact John Bament 01823 272230 - 07368 203268



Hospitality

The Club is known for its good food. Social events, match refreshments, Christmas Lunch for Club members, meals for County visitors and private bookings. Your T&C, SA, MA & SP doesn't make itself. It is provided by a very small team. If you can help occasionally or regularly contact Eileen Phippen 01823 444580 - 07576 813209

TDBC
Newsletter

Club News
Stay in the Know!

Myra
Duncan

TDBC
Newsletter

Club News
Stay in the Know!

*Quiz
Night*



BOB'S QUIZ NIGHT

SATURDAY 3rd February 2024

7pm start

Tickets £6 per person from Reception

Including Supper

PRIZES for 1st 2nd 3rd and last

Play Jokers to double your score

Picture Identification Round,

Dingbats & Wipe-out Round

Max 6 members per team

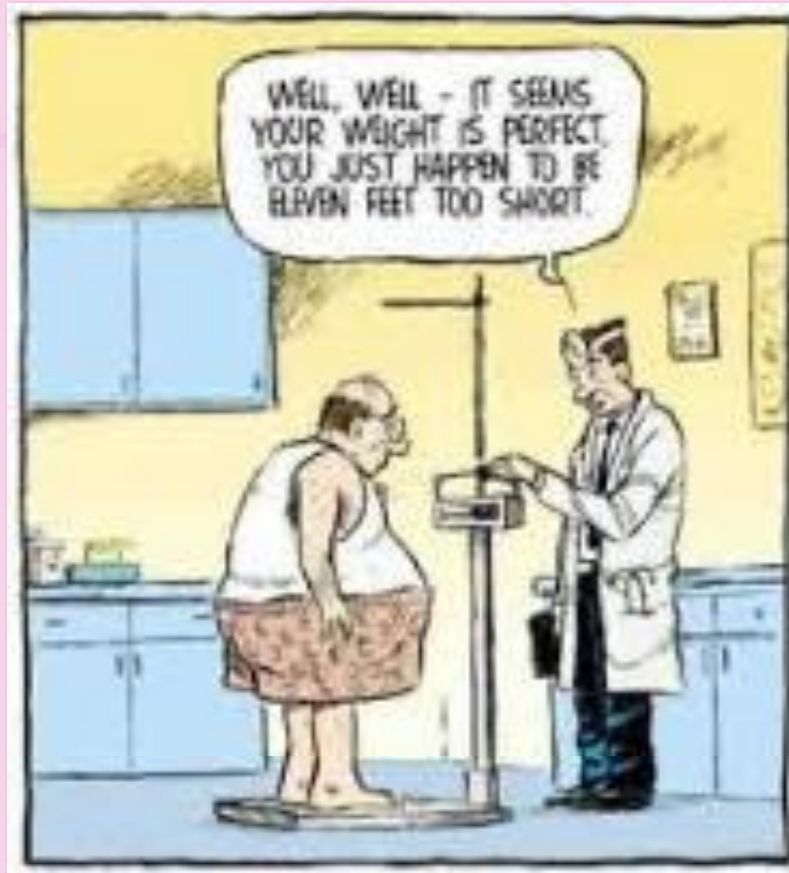
Team captains please add your name to the list and complete an entry form with team
Captain and Team member's names and hand in to Reception with your payment

TDBC Social & Fund Raising Committee

TDBC
Newsletter

Club News
Stay in the Know!

Humour



TDBC
Newsletter

Club News
Stay in the Know!

Humour



Reasons To Make New Year's Resolutions (Even If You Don't Keep Them)

Many people will make New Year's resolutions, however the majority will also fail to achieve them. But making resolutions is still a good idea, with plenty of positive effects.

Data suggests about a quarter of us will make resolutions, and most people think they'll accomplish them, 20% in fact. Most people are optimistic, with 86% expecting 2024 to be the same or better than 2023. And the younger people are, the more optimistic they are about the future.

The Nature of New Year's Resolutions

The most popular New Year's resolutions are about self improvement (living healthier 23% of people, getting happy 21%, losing weight 20%, exercising 7%, stopping smoking 5%, reducing drinking 2%). In addition, people resolve to meet career or job goals (16%) and improve their relationships (11%).

Despite their big plans though, only 8% of people will achieve their New Year's resolutions.

Why It's Smart to Make New Year's Resolutions

But all is not lost. Even if you don't keep resolutions, it's a really good idea to make them anyway. Here's why.

1 – Intention

Being honest with yourself about your current condition and the distance to your preferred situation is key to improvement. And being intentional about how you want to grow and develop will help you achieve results. This intentionality will also contribute to your happiness and fulfilment. When you're moving forward with clear direction, you make a positive contribution to your emotional and mental health.



TDBC
Newsletter

Club News
Stay in the Know!

News Editor

TDBC
Newsletter

Club News
Stay in the Know!

News Editor

2 – Hope and Engagement

Making New Year’s resolutions is inherently hopeful and optimistic. You expect things can get better for you, for your work experience or for your community. This positive view of the future, in turn, tends to motivate action. If you don’t believe tomorrow can be better, you’re unlikely to take steps to improve yourself or your community. So optimism is doubly beneficial, contributing to your own mental health, but also engaging you toward positive action which has an effect on those around you.

3 – Responsibility

Most New Year’s resolutions have some impact on others. Even if they are about individual self-improvement, they affect families, friends, colleagues and communities. Your resolution to get healthy will keep you around longer for your family and friends. Your resolution to stop procrastinating will contribute to a positive team dynamic with your co-workers. And your plans to do more volunteer work at the bowls club garden will help people in your club. New Year’s resolutions are terrific ways to focus on yourself, but also to consider your broader responsibility and to expand and multiply your positive effects on others.

4 – Inspiration

When you seek to be better, do better or contribute more fully, you tend to inspire others as well. The primary way people learn is through experiencing the behaviour of others. Even if they’re not consciously aware of it, people pick up on choices and cues from others, constantly. When you focus on the future and focus on improvement, you necessarily inspire those around you.

In Summary, strive to be in the minority of people who keep their New Year’s resolutions. But know even if you don’t keep every one, the act of making them and striving toward them will have positive effects for you and for others.

Steve Browning - News Editor



TDBC
Newsletter

Club News
Stay in the Know!

Sponsors



Churchill
Retirement Living





Neil Robertson
Plumbing & Heating Ltd
Plumbing - Heating - Gaswork

01823 413 999
07799 614 977

www.neilrobertsonplumbing.co.uk

ASMC
Avon Sportsground Maintenance Co.
Maintaining bowling greens and fine turf areas since 1980

Telephone: 01761 490 426
Mobile: 07801 798 736
Email: yphillipsasmc@hotmail.com
www.avonsportsgroundmaintenance.co.uk

Bristol Gatwick
Quest Cars est 1996
Airport Transfer Specialist
Heathrow Exeter

Tel: 01823 400706
www.questcars.co.uk

01823 429779
aplan.co.uk/taunton
1 St. James Street
Taunton TA1 1JN

A-plan
insurance

Insurance for: car | home | van | business

COOMBER
FIRE & SECURITY SYSTEMS

Bond Bowls
Bowls Equipment, Clothing & Accessories
The Bowling Specialist
01363 77795
www.bondbowls.co.uk

Rowcliffes
That's the difference

Rowcliffes Taunton | Car dealership in Taunton | Autotrader

01823 250490 www.rowcliffes.co.uk

GEORGE BROS.
(BUILDERS) Ltd.

Where quality counts
for all your Domestic and Commercial needs
Customer satisfaction is our key

Tel: 01823 331444
Email: info@georgebros.co.uk

Taunton Funeral Service
Alec & Anthony James
Independent Run Family Business

Caring Personal Service
24 Hours, 7Days A Week
Private Chapels of Rest

55 Bridge St, Taunton, TA1 1TP
Tel: 01823 321077

Lavender Court
In Taunton

Care home with nursing and dementia care

www.somersetcare.co.uk

THATCHERS
EST. 1964
WHAT OTHERS SUPPOSED TO TASTE LIKE

R & D
Electrical Solutions
Electrical Contractors

- Domestic
- Commercial
- Industrial

Tel: 01823 338566

TDBC
Newsletter

Club News
Stay in the Know!

Sponsors