

## SUSSEX COUNTY BOWLS

### BOWLING WITH A DISABILITY

**Bowls is one of the most inclusive sports in this Country. Those with a disability can enjoy everything the sport has to offer without limitations, competing at local, national and international level, or just playing casually. In bowls, there are opportunities for all abilities and needs. Players can compete with or against able-bodied bowlers or enter competitions specifically for those with a disability.**

Sussex has a lady bowler, with a disability, who regularly represents Bowls England Team Para Squad. The lady in question has played in two world championships and several Home Nations series matches as well as playing for this county. There are so many opportunities to bowl with a disability and this is proof that playing for the county can lead to opportunities for a bowler with a disability - to play at the highest level.

**There is a sign up sheet on the Bowls England website under the Getting Involved heading and then follow the links, including the drop-down link to sign up.**

**If you have any questions relating to Disability/Para Bowls, you may contact Bowls England's Para/Disability Officer:**

**Helen Lewis-Wall, at:**

**[helen.lewis-wall@bowlsengland.com](mailto:helen.lewis-wall@bowlsengland.com)**