



HBC NEWS

*Latest news and updates from
on and off the green*

Saturday 3rd
January 2026
Issue #1

Editor foreword

Vicky Hodges

Welcome to the first Bowling Club newsletter of the 2026 New Year!

I was sorry to hear that there was so much illness over the Christmas period and hope that those affected are now on the mend or recovering well.

Please do take care of yourselves, rest when needed, and know that the club will be ready to welcome you back whenever you're able.

As we step into the year ahead, I hope that this year brings a sense of fresh energy, new goals, new fixtures and plenty of opportunities to enjoy time together on and off the green.

Whether keen to sharpen your skills, try something new or simply enjoy the social side of bowls, there's a place for everyone here at Hook Bowling Club.

As the season unfolds, we hope this newsletter keeps you informed, involved and smiling and a welcome reminder that brighter, lighter times are on the way and that Spring bowls isn't too far off.

Here's to a year of steady hands, good greens and great company!



Bowls Trip to Potters October 2026

Linnie Voce and Alan Phillips

We are in the process of obtaining quotes for a Bowls Trip to Potters next year.

What is the plan?

There are two options:

- *Five Lakes in Essex*
- *Hopton on Sea Norfolk*

The choice may well be led by availability, and we will be looking at October.

What's included in the price?

- Full Board
- Live Evening Entertainment
- Full Daytime Programme
- Comfortable Accommodation
- All Inclusive Drinks

Games will be organised at the venue

The basic cost looks at working out about **£800 each** but as always single accommodation may have a surcharge – and we will need to factor in travel costs.

What do I need to do?

We have put a list up on the notice board in the clubhouse, so please let us know if you'd be a **'definite'** or a **'possible'** at this stage.

Alan and I are starting the ball rolling as definite!

Once we have a rough idea of numbers, we can approach Potters and get a good idea of costs, accommodation etc.



A reminder that warmer days are coming and so is the October 2026 HBC Bowls Trip!

This photo was taken on our trip to Spain last year.



Presidents Charity 2026

Pam Vivien – President

We're pleased to share that our President has chosen local **Alzheimer's and dementia** causes as her charities to support.

These charities are dedicated to supporting people affected by dementia, funding vital research and providing trusted information and practical support for individuals, families and carers. With dementia affecting so many lives, the charities play a crucial role in raising awareness and helping people feel less alone.

Throughout the year, we'll be sharing opportunities to support and raise awareness for this important cause, and we thank our President for choosing a cause that means so much to so many.

Key Duty Rota

Chris Vickers

Several weeks ago, a request was made for more volunteers to assist with key duties at our fabulous club. Sadly, no new volunteers came forward but a few did mention the issue of completing a week of such duties was the main issue.

I have asked the current key duty volunteers if they would be happy to change the way the Rota is produced and I am grateful that the resounding reply was yes!

It is my intention to change the duties, so the week is split into two sections.

1 x key holder: **Tuesday, Wednesday and Thursday**
1 x key holder: **Friday, Saturday, Sunday and Monday.**

This allows for greater flexibility in working out the Rota and allows for members who have restrictions on their availability to potentially volunteer.

The frequency of the duties will depend on the number of volunteers. For those that are willing to volunteer without restrictions, the Rota will try to be set so you alternate between duty allocation. By that I mean that if your last duty was Tuesday to Thursday, your next duty would basically be a Friday to Monday etc.

In order to make the change I would be grateful if any volunteers could let me know by the **end of January**. This will allow time for training to take place and the new Rota to be drawn up.

If you are interested in helping on the key Rota, please **email** Chris Vickers at **vickerschris@hotmail.com** and let him know and please state if you are available for all duties or if you can only do the midweek or the weekend duties.

If you would like more info on the key-rota duties, please feel free to contact Chris Vickers at the same address as above or ask him when you see him.

The key duties are vital for the club to allow the members to play bowls and the more volunteers we have, the less onerous the task becomes on the gallant members who currently carry them out.

I know I speak on behalf of the committee when I say a massive thank you to the current team who show their dedication to the club and I add my own personal thanks to that appreciation.

Bowls England Policy Update

Bowls England

Bowls England has introduced an updated **Trans and Gender Diverse Policy**, effective from **1 January 2026**, following the 2025 Supreme Court ruling on the definition of sex within the Equality Act.

The policy confirms that bowls is a **gender-affected sport** and sets out a clear framework to ensure **fairness in competitive play**, while continuing to support inclusion through **open competitions** and the many friendly and social formats that are central to our sport.

Bowls England remains committed to **equality, diversity and inclusion**, providing opportunities for trans and gender diverse people to play bowls, and will not tolerate discrimination or harassment in any form.

If you would like to read more, click on the hyperlink below.

[Bowls England's Revised Trans and Gender Diverse Policy - Bowls England](#)

Club Notices

Best of Luck to everyone who is taking place in the Short Mat 3-2-1 Competition Day 2 today!

Social Events!

Entertainment Team

Our next social event is the **New Year Quiz**, with 'Quizmaster Ian' on

Friday 30th January 2026 at 7pm
£4 per person

Due to the super success of our previous 'bring your own' events, we are encouraging you all to bring whatever food you fancy on the night...from the left-over Christmas cheeses to a full takeaway...the choice is yours.

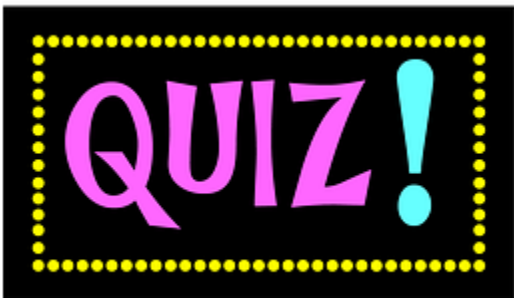
Those who have joined Ian's quizzes before will know they are centered around general knowledge with a few different categories thrown in the mix!

We know Ian has already written the quiz, so get your teams together and start swotting for another great evening.

If you don't have a team to join, don't let that stop you, just sign yourself up for one of the teams on the board in the clubhouse or on our website here [Hook Bowling Club - Events](#) and we'll make sure to add you to a team.

All we ask from you, is that you bring your own food and condiments etc and take any leftovers home with you please. And as always, we are grateful for any raffle prizes donated as the raffle always brings in a good amount of money.

You bring the food and we will do the rest.... we absolutely guarantee an evening of fun for us all!



Action for Happiness – Starting 2026 right.

Vicky Hodges

A new year is a great opportunity to pause, reset and focus on the small things that help us feel happier and more connected.

Action for Happiness encourages us to start the year with simple, practical steps that support wellbeing - for ourselves and for others.

Rather than setting big resolutions, the campaign reminds us that happiness often comes from everyday actions: checking in on someone, getting outside for fresh air, moving our bodies, or taking a moment to appreciate what’s going well. These small habits can make a real difference to how we feel as the year unfolds.

As a bowls community, we already put many of these ideas into practice - through friendship, laughter, shared moments on the green, and looking out for one another. By being kind, staying connected and taking care of ourselves, we can help make this year a positive one for everyone.

Let’s start the year gently, with intention and focus on what helps us feel well, connected, and supported.

Here’s a daily calendar of small but significant actions for your own happiness and the happiness of others! Why not start today with ‘doing an act for someone else to help brighten their day’.

Happier January 2026

MONDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

TUESDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

WEDNESDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently

THURSDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

FRIDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

SATURDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

SUNDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

ACTION FOR HAPPINESS

Happier · Kinder · Together

What’s On This Week?

Chris Vickers

WHERE TO WATCH OR JOIN IN COMPETITIVE BOWLS THIS COMING WEEK				Key Duty
Saturday	3rd	Short Mat 3-2-1 Competition Day 2	0900-1500	Steve Potts
Sunday	4th	CLUBHOUSE ONLY OPEN IF REQUESTED		
Monday	5th	Roll Up	1400-1700	Dave Clark
Tuesday	6th	Roll Up Ladies Short Mat League	1400-1700 1900-2100	
Wednesday	7th	Internal Wednesday Short Mat League	1900-2100	
Thursday	8th	Hook Ravens HOME v Marnell Hook Hawks AWAY at Fleet Social Swans	1400-1700 1400-1700	
Friday	9th	Internal Friday Short Mat League	1400-1700	