



Ilford & District Indoor Bowls Club Ltd

Centre of excellence for indoor lawn bowls serving the
people of Redbridge and surrounding areas



Newsletter 29 – August 2023

August 2023 pre-season newsletter

We hope that you have all had an enjoyable and successful outdoor season. With the summer slowly drawing to a close, it is time to start thinking about the Indoor season at Ilford.

Sincere thanks to all those members who helped lay the protective boards in April and helped or offered to help take them up on the 31st August in readiness for the season to start. This is a pretty onerous task and manually demanding but necessary so that the school next door can use our facilities for the exam season. The boards we use are getting old and damaged so we will be looking at alternative methods of protecting the green, hopefully in time for the exam season next year. The process will be much the same but we hope to use lighter and more resilient boards to make the job much easier.

The club will reopen on the 18th September 2023 for a week of rollups and practice. However, the green is being stretched on the 18th September so will not be available until approximately 10:30 on that morning. The bar will probably not be open as we use this first week to stock up and prepare for the season ahead. As such we will not be charging for roll ups between Monday the 18th and Friday 22nd September. Instead we ask members to make a small donation to our chosen charity which for the 23/24 season will be Tracy's Trust.

Most of you will not of heard of this charity so here is some information about it from our members Stuart and Marilyn Nieman who are co-founders of the charity:-

The Tracy Nieman Goldman Trust Known as Tracy's Trust

First of all we would like to thank our fellow members for voting for Tracy's Trust as this year's Charity.

For those of you who don't know, we lost our beautify daughter Tracy to Non-Hodgkin's Lymphoma in October 2001 aged 26. Everything happened so quickly and from being exceedingly happy one moment to being devastated not too much later.

Tracy was married late August 2000 and after returning from honeymoon with her husband Rob, she began feeling unwell, back and neck pain, terrible cough and even after two short stays in hospital no-one could diagnose her condition. Then in December we received the wonderful news that she was pregnant. By February 2001 after months of feeling unwell, she was finally diagnosed with Non-Hodgkin's Lymphoma and was immediately transferred to Bart's Hospital where she was in and out for the next 8 months.

Not long after entering Bart's, Tracy was devastatingly advised to have a termination of her pregnancy otherwise neither her, or her unborn baby had a chance of survival. This was a mammoth blow to everyone, but mostly for Tracy who couldn't wait to have children. After many types of gruelling treatment, Tracy sadly lost her fight in October 2001.

Several years later we, our youngest Daughter Debra, Tracy's husband Rob and Tracy's closest friends and family got together to form **The Tracy Nieman Goldman Trust known as Tracy's Trust**. The aim was, and still is, to raise money for Bart's research into Lymphoma and Leukaemia. Every penny raised goes directly to research into finding a cure for these diseases.

To date we have raised thousands of pounds to help in treating, and hopefully cure these diseases.

Once again, we would like to thank you and send our heartfelt love to you all.

Marilyn and Stuart Nieman

No one should have to suffer the loss of a child under any circumstances. Not a day goes by when her family do not think of her. Whilst nothing will bring Tracy back, any money raised will help to prevent other children and young adults suffering the way that Tracy and her family did. Personally, this is a cause close to my heart as not only did I know Tracy very well but I also lost my brother in law to Non-Hodgkin's Lymphoma last December and a cousin to Leukaemia. Please help to find a cure for these awful cancers by giving generously when possible and when asked to support Tracy's Trust.

During the closed season, I approached our member, Mr Ian Dunn with a view to recruiting him to the Management Team as Assistant Secretary of the Club. I am delighted that Ian has agreed to assist us and Bob and I will be introducing him to the role when the Club reopens in September.

I also made a proposal to appoint Mr Ian Dunn as a Director of the Club. This proposal has been seconded by Mr Sandy Dron and unanimously approved by the Board. I will now arrange for Ian to complete the necessary form which will be submitted to Companies House in due course.

Assistant Hon Secretary

The appointment of Ian as a Director and as Assistant Secretary will be a great benefit to the Club, will relieve the work-load from Bob and I and will also provide much needed administrative cover for when Bob is away next February. It also means that I will stay on as Honorary General Secretary for the time being unless voted off at the next AGM.

I hope you will join with me in welcoming Ian to this important position in the Club's management structure and assisting him to settle in when the Club reopens.

County Delegate's Report

After many years of service, John Pluck stood down at the end of last season as County Delegate. His position has been taken over by Robert (Bob) Kane who attended the last ECIBA Meeting on the Club's behalf. He has

prepared a report with the help of Pat Brown, Ken Spicer, Brian Powell and Phil Fagelson and that report will be available to Club members on request when the Club reopens in September.

One item of concern for County standard players is that now that the ladies and men's divisions have been amalgamated, there will be fewer opportunities to play in County matches and Over 60's County League games due to the number of players now eligible. I believe the County are looking to add more fixtures to their list but as most clubs have already prepared their fixture lists for the coming indoor season, they may be a problem adding more games at clubs like ours that have limited capacity. The amalgamation also means it will probably take longer to obtain a County badge due to the number of eligible players in the system.

If Bob Kane has any more news on this, I am sure he will relay this to the appropriate members.

First Aiders

In the summer season, several of our members took a one day first aid course held at Buckhurst Hill Bowls Club. Whilst they are not quite doctors yet, they can be called upon to administer first aid in an emergency or if a medical situation occurs. This includes administering CPR, using the defibrillator and attending to minor cuts and bruises etc. Congratulations to Vince Allen, Stanley Lopata and myself for completing the course.

We are thinking of holding similar course at IIBC this season. Several members responded to an email I sent out in April/May. We are looking at prices and other options and will make a decision when the Club reopens. In the meantime, if you are interested in taking a course or already have a first aid qualification, please let me know and I will add you to our list for forthcoming training and/or to let the membership know that you have first aid qualifications

Mental Health Awareness

Last year we introduced several mental awareness sessions at the Club to help those affected by depression or anxiety. Many members suffer in silence and struggle through life without discussing their problems. This is particularly important to members who have recently suffered a bereavement or serious medical issue.

The sessions were run by our member Darrell Witek who himself is a long term sufferer and is keen to share his experiences and expertise with other Club members. Darrell is CBS approved and underwent courses during the summer to improve his skills. Doctors will tell you that the best way to help cure or deal with depression or cope with anxiety is to talk to like-minded people. A problem shared is a problem halved. Darrell will resume these sessions in the new season and if you are interested in joining him for a cup of coffee and an informal chat, please contact Darrell Witek, all details are on page 59 of the new handbook, or ask at the bar for his contact telephone number.

There is no stigma in having mental health problems, millions of us do, including me. Do not suffer in silence, let's chat it through. It might just help you to cope.

Health & Safety

A lot of time and effort has gone into re-writing the Club's Health & Safety Policy during the summer. We are not quite there but we do have 90% of the new policy in place and if you want a copy, please let me know.

The new policy has been written for the Club by our new H&S Consultants, Croner. The contact details of our internal H&S Team and Croner are on the last page of this newsletter.

As with any H&S Policy, we rely on YOU the members to tell us about any problems you see or concerns you have. We can only address them if we know what the problems are. Please let one of the team know so that we can try to resolve areas of concern, if we can.

My thanks go to Bob Kane, Darrell Witek, Vince Allen, Bob Hayter and Ian Treleaven who have agreed to stand for the H&S Team. Joining us in the autumn will also be Ian Dunn our new Assistant Secretary but I haven't told him about this yet!

We will also be carrying out more fire alarm tests during the week so if you hear the alarms going off, this means we expect you to leave the club by the nearest emergency exit (unless we tell you to the contrary). This means leave NOW, not finish the end, pick up your belongings and toddle off to the changing room or toilet in the hope this is just a test. Smoke kills more people in a real fire than fire itself. So help us help you, get up and get out because it is your life we are trying to save.

We all have a duty and the opportunity to try to attract new members of different levels of experience. Yes we would love to have more County or National standard bowlers playing for us but it is equally important to encourage people who have never bowled before. These are the lifeblood of the club and the champions of the future so please encourage your friends and family to come along when we reopen in September and give it a go. We have several Qualified Coaches amongst our membership and even if they are not available, there are always experienced bowlers at the club who are able to give advice.

It would also be wonderful if we could attract some younger members? Unfortunately, bowls has the reputation of being 'an old persons' game and it's true that the average age of our membership is around 70 years. However, look at the World and National Champions and you will realise that many of them are in their 30's and 40's. These players started their careers as youngsters as young as 10 or 11 years old. The earlier they start the better they will be and there are plenty of opportunities to represent the County under 25's if they are good enough. If we can attract a group of young players, I'm sure we can arrange a taster session one evening so that they can get a taster of how enjoyable bowls is.

Moving away from the bowls side of the Club, we owe a debt of gratitude to all the members who have helped run the club in the 22/23 season. I will not name them all here because I'm sure to miss someone out but they include our Bar Team, the Maintenance Team, the Garden and Car park Team and the Management Team and Directors. I just have to mention two particular unsung heroes. Colin Foster who has been instrumental in setting up the TV Advertising system and supporting our aging computer system when it goes awry. Karl Bunyan who has already started work on our new website. It is not fully operational yet but we hope Karl will be able to get it up and running and ready for the new season in September. It is these 'behind the scenes' jobs which members can help us with. These members help save the club thousands of £££'s every year. I also include Mo and Bob in this list. Without their help, your fees would at least treble. However, we cannot expect these members to continue to work unaided so PLEASE, if you can help in any way, step forward to offer your time, help, experience and expertise. This is particularly important next season as Bob will be away for almost a month in February. If you can assist, please speak to Bob or I and we can try to introduce you to how the club is run.

Another area we will be looking at next season is dress code. There are several different views on how people should be allowed to dress when playing bowls at Ilford. Many of the major bowls institutions have relaxed their dress codes. Gone are the days of playing in jackets, shirts and ties. However, nor do we want to start allowing players to play in jeans and vest tops. We hope we can find a happy medium. If we do make changes, we would ask every member to respect our codes and dress appropriately. The dress code for Interclub and County League Matches will remain the same and probably be more formal than club league matches are.

We hope to be introducing a course on bowls etiquette, mainly aimed at new inexperienced bowlers but applicable to all. Some of our habits on and off of the green have become 'tardy and disrespectful'. Always treat your fellow members with respect and refrain from making unnecessary comments or jokes. What you think is funny, may not be to another member. Also please respect the bowlers playing on the green. Do not walk around whilst they are bowling. If you want to chat, please do this in the lounge away from the green. Do not congregate between the lounge and the green and allow the players leaving the green to collect their belongings and bowls.

The Club would like to offer sincere thanks to all our sponsors for their generosity in supporting the Club in these difficult times.

Woodland Grove Care Home	Tony & Karen Patient of Patient Pups Dog Care	Bruce Allen Accountants
T W Barber	Richard Jaye & Gavin Beale The 24 Recruitment Group Ltd	Bush Hill Bowls
GDA Financial Partners	Ian Brill and Family I B Wills	Kelly's Cakes

So all that said, we look forward to seeing you back at the Club in September for another great season at a great indoor club.



If you know of any member who does not have access to emails, please let us know who they are and we will place a copy of this newsletter in their pigeon hole/mail box when it reopens. This is situated adjacent to the entrance to the lounge.

Members are also reminded to check to see if there are any communications waiting for them in their mail box from the Club, their Team Captain or another member.

We encourage you to contribute to the newsletters. This is your chance to voice your opinions, have your say in running and improving the club and suggest fundraising ideas. You might have some constructive ideas or just some articles of general interest.

Please send your articles in PDF or Word Format

to Secretary@iibc.uk



Drawing by our late member Don East

Leagues for the 23/24 Season

Anyone wishing to play in a league next season or change teams, please complete the form at the bar and we will put you in touch with a Team Captain.

Please do not ask Bob. He has enough to do.

If you would like to bowl in any of our leagues please indicate your preferred days & times. This will then be passed to the individual team Captains who will contact you.

All the leagues are open to Ladies and Gents

Monday	Tuesday	Thursday
10.30am	10.30am	12.30pm
Mainly Ladies	Mainly Ladies	Mixed League
Monday	Monday	
2.30pm	6.30pm	
Mainly Men	Mainly Men	
Tuesday	Tuesday	

2.30pm	4.30pm	
Mainly Men	Open Triples	
Wednesday	Wednesday	
10.30am	6.30pm	
Mainly Men	Mainly Men	
Thursday	Thursday	Thursday
10.30am	2.30pm	6.30pm
Mainly Men	Mainly Men	Pairs League
Friday	Friday	Friday
10.30am	2.30pm	6.30pm
Mainly Men	Mainly Men	Open Triples
Sunday		
10.00am	Please print out these pages, enter your name and contact number against the dates you are interested in bowling, and return as soon as possible to info@iibc.uk Please do not send to Bob or Alan direct or telephone your dates to us.	
Mainly Men		

Green Fee Vouchers

When the Club reopens

Buy 20 vouchers get 1 free - Buy 40 vouchers get 2 free

Buy 50 vouchers get 3 free

Vouchers are not valid for weekend games.

Vouchers are not valid for County games.

Vouchers cannot be used to purchase food and/or drink.

Vouchers cannot be used to offset fees.

FOR INDOOR BOWLS
SERVING REDDITCH &
SURROUNDING AREAS

In Memory of

Our former member

Alan Morris

who sadly passed away recently

RIP

News from the Board

No news in this edition as there hasn't been any Management Meetings.

Notice Board

The 2023-2024 Handbooks will be available for collection from the club, after the boards have been lifted on the 31st August 2023 or when we reopen on the 18th September.

We still need more volunteers

to help so why not come along on the 31st August, give us a helping hand and pick up your handbook at the same time?

CENTRE OF EXCELLENCE
FOR INDOOR BOWLS
SERVING REDBRIDGE &
SURROUNDING AREAS



Our chosen Charity this year
Tracy's Trust

Please give generously to this fantastic cause.



NEW MEMBERS ALWAYS WELCOME
CALL 020 8597 6040 or 07505 171682 or
email INFO@iibc.uk

Free coaching will be available by arrangement

If you have any bowls or bowls equipment for sale, please draft out an advert and we will try to place this on one of the notice boards. A donation to our chosen charity would be expected on completion of a successful sale.

The club is run mainly by volunteers. However, the burden of work rests on the shoulders of just four or five members who will not carry on doing this work unaided, for ever.

If you can help run the club in any way, please let Alan or Bob know ASAP.

There is no point in complaining about how things are run if you are not prepared to devote a couple of hours of your own time to help make improvements.

If you notice any hazards or dangerous objects or areas of the club, please report it to the office immediately.

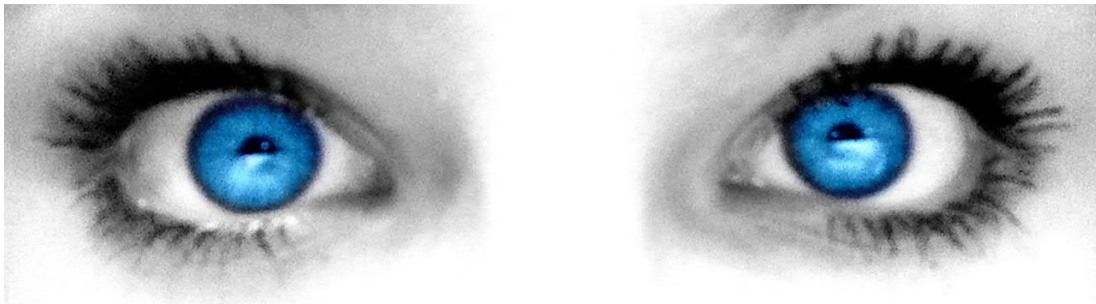
Every member has a duty of care to comply with our Health & Safety Policy for their own safety and for the good of the Club and all its members.

A copy of the policy is available from the office on request.

Latest News

A big thank you to all the members who were good enough to help lay the boards on the 17th April 2023. This enabled us to complete the job in just a few hours.

Please keep an eye



on the notice boards for details of forthcoming events or competitions and do not be afraid of entering our weekend friendly matches.

Also remember to check your Pigeon Hole/Mail Box to see if you have any mail from other members or the Club.

Also look at the scrolling TV screen in the lounge next to the bar.

Important messages are regularly updated with information and advice from the Club Management.

IMPORTANT NUMBERS

Club Telephone Number - 020 8597 6040 (only during the playing season)

Club Email address - info@iibc.uk Website - www.iibc.uk

Facebook - <https://www.facebook.com/groups/IlfordIBC/>

Club President and County League Secretary - Pat Brown - 01708 556148

Club Chairman & Membership Secretary - Sandy Dron - 01708 347492

Club Manager, Treasurer, Competitions Secretary, League Secretary and Bar Manager

- Bob Hayter - 07505 171682 - Bob.Hayter@iibc.uk

Maintenance Team - Eric Brown, Darrell Witek, Melvyn Cohen, Tony Seago, Ian Treleaven

Director of Publicity & Sponsorship - Steven Klein - 07771 720620
srk48klein@gmail.com

Director of Membership Development - Jack Matthews - 07971 748372
jackmatthews99@gmail.com

Press & Communications Officer - Gerry Gillan - 07572 616868

Welfare Director, Ladies Secretary and Ladies County League Delegate -
Sandra Dupuy - 07545 544966

Ladies Captain - Sonia McDonald - 020 8491 9566

Ladies Vice-Captain - Bernice Gilbert - 07581 236011

Bar staff - Mo Leung, Tony Seago, Mark Newman, Eric Brown, Steve Simpson, Alan Bayliss

Hon. General Secretary, Men's Section Secretary and Health & Safety Coordinator
Alan Jaye - 07722 240237 - Alan.Jaye@iibc.uk

Director & Assistant General Secretary
Ian Dunn - 07930 714178

Men's Captain - Ken Spicer - 07989 309114

Men's Vice-Captain - Mark Newman - 07984 085826

Health & Safety Team

Bob Kane, Darrell Witek, Ian Treleaven, Vince Allen, Bob Hayter, Alan Jaye, Ian Dunn

Our Contact at Croner Health and Safety Consultants is

Kevin Towler 0844 728 0181

Board of Directors

Club President - Mrs Patricia Brown
 Chairman & Membership Secretary - Mr Alexander Dron
 Director & Assistant Secretary - Mr Ian Dunn
 Director of Welfare and Safeguarding - Mrs Sandra Dupuy
 Director & Over 60's B Team Manager - Mr Philip Fagelson
 Director of Press & Communications - Mr Gerry Gillan
 Director & Hon General Secretary - Mr Alan Jaye
 Director of Publicity & Sponsorship - Mr Steven Klein
 Director of Membership Development - Mr Jack Matthews
 Director of Maintenance and Gardens - Mr Ian Treleaven

County League Representatives

County League Secretary - Pat Brown	County Delegate - Robert Kane
County Delegate - Sandra Dupuy	County League Selector - Brian Powell
	County League Selector - Mark Newman
	County League Selector - Alan Bayliss

Club Manager

Mr Bob Hayter

020 8597 6040 during the season

07505 171682

Bob.Hayter@iibc.uk

Club address - Iiford & District Indoor Bowls Club Ltd
 Perrymans Farm Road, Newbury Park, Iiford, Essex, IG2 7LX

020 8597 6040

Info@iibc.uk