

**Summer of fun and activities!**

We have been awarded some funding from Sport England and as a result we are planning a summer of fun with physical activity at its heart. Please see below for lots of opportunities to get involved!

**Yoga**

As a part of our funding from Sport England, we are running some yoga sessions throughout the summer. The sessions will be facilitated by Jane Oakley, a qualified yoga teacher.

Yoga is a fantastic way to improve your health and wellbeing. Whether you’ve never tried it before or if you're a seasoned professional, you are all welcome! Please don't think that you cannot join if you struggle to get on the floor either, as Jane will also provide some chair-based sessions.

We ask that you wear loose, comfortable clothing (leggings and tracksuits/joggers are good) and no food for at least an hour before the yoga class and no drinking during the class. Yoga sessions can get very warm so please layer your clothing appropriately.

Jane will provide mats, blocks, bricks and bands to help you along in the sessions. The sessions are informal and if you need to stop or need a little extra support that’s fine. You will know your own limits, so only do what you can do.

We can provide some transport so if you’re interested but would struggle to get to the venues, please get in touch.

The dates and areas are as follows:

**July**

Thursday 18th - Mansfield 11am - chair based

Friday 19th 2pm - Nottingham - chair based

Thursday 25th - 4pm Nottingham - floor based

Friday 26th - 10am Newark - Chair based

**August**

Friday 2nd 11am - Nottingham - Chair based

Thursday 8th - 11am Mansfield - floor based

Thursday 8th - 2pm Newark - floor based

Thursday 15th - 4pm Nottingham Street - floor based

Friday 16th - 11am Worksop - chair based

Friday 23rd 11am – Worksop – floor based

**Locations**

Mansfield – St Peters Centre, Churchside, Mansfield, NG18 1AP

Worksop – Worksop Library, memorial Avenue, Worksop, S80 2BP

Nottingham – My Sight Notts, 26-28 Heathcoat Street, NG1 3AA

Newark – venue to be confirmed

We have space for a maximum of ten participants on each session and we offer this on a first come first served basis. Please call 0115 970 6806 or email info@mysightnotts.org.uk to reserve your space.

**Bowling**

We are also running some bowling session over the summer. The sessions are completely free and we can provide some transport. If you would like refreshments, we ask that you pay for these yourselves. We can accommodate up to ten people at each session so please book early to avoid disappointment!

**Monday 22nd July**

Mansfield Superbowl - 10am

**Wednesday 7th August**

Nottingham Bowl - 7pm

**Thursday 15th August**

Newark Superbowl – 2pm

Please note that these may change slightly due to the availability of the bowling alleys.

If you would like to book the bowling or the yoga activities, please contact Kirsty on 0115 970 6806 or email info@mysightnotts.org.uk.

**Wollaton Hall**

Sight Support Derbyshire are leading a picnic event at Wollaton Park in Nottingham om 29th July 2024 and have asked if anyone would like to join from Nottinghamshire. This would be a family activity for children with sight loss or for parents/grandparents with sight loss that have children/grandchildren. The event will be from 11am until around 3pm and you are invited to bring your own picnic along with you.

The deadline for booking is Friday 12th July 2024. We may be able to provide transport - please ask when you book. If you are coming to Wollaton by other means, please be aware that car parking is charged at £5 for the day. We recommend you download the Ringo car parking app to pay for this.

If you would like to book a place or would like further information, please call Sarah on 0115 970 6806 or email info@mysightnotts.org.uk

**Portland College Day trip**

We are planning a trip out to Portland College on 20th August 2024. Portland is an established charity and a specialist education site in between Mansfield and Nottingham. They have the most amazing outdoor space and will be outing on a range of activities such as a climbing wall, zip line, bushcraft, archery and much more.

The day is for children with a visual impairment or for parents/carers/grandparents with sight loss who look after children. We are hoping to run transport from Nottingham and Mansfield but you are welcome to make your own way there too. We do have limited spaces so these will be allocated on a first come first served basis. Bring a picnic!

If you are interested, please let Emma know by calling 0115 970 6806 or emailing emmal@mysightnotts.org.uk.

**My Sight Notts and Nottingham Bike Works**

We have teamed up with Nottingham Bike Works to support them to deliver Nottingham City Council’s Travel Well project. Nottingham Bike Works run ‘build a bike’ workshops and are looking to support our clients to work on some tandem bikes. The best part is that you get to keep the bikes afterwards and you will be provided with a helmet, bike lock and lights! Please get in touch with Bike Works on 07783 145069 if you are interested. They are based in Sneinton, Nottingham, just in the fringes of the city.

If we have enough interest, we are hoping to be able to run a couple of tandem rides later in the summer. If you would like to be involved, please let us know and we will keep you updated. Contact Emma on 0115 970 6806 or email emmal@mysightnotts.org.uk.

**VI Golf**

For those of you that expressed an interest in the VI Golf sessions, we are still awaiting confirmation on these and will be in touch as soon as we have some firms plans in place. Thank you for your patience!