

Monday 15th August 2022**For immediate use**

Healthy Sunday 2022 – Retford Market Square 14th August 2022

**Mayor of Retford, Cllr Sue Shaw, helps Healthy Sunday launch successfully in
Retford Market Square**

Mayor of Retford, Cllr Sue Shaw, opened the first Healthy Sunday event on 14th August 2022 and launched the Mayor's Marathon by riding an exercise cycle, along with the MyGym expert spin class, led by owner, Murtagh Mulholland. Sue was joined on and off through the day by Cllr John Shephard, (Bassetlaw District Council (BDC) Cycling Champion), Cllr Madelaine Richardson, Chairman of BDC, and Mayor of Retford in 2021, Cllr Carolyn Troop. Healthy Sunday 2022 was designed and delivered by Retford Business Forum (RBF), in partnership with North Notts BID and Bassetlaw District Council.

The event was a great chance to find out about all aspects of health led by the premier outing of 'Beth, the Health Bus' supported by an expert team, who were busy all day calculating body mass indexes (BMI) for people and taking blood pressure. There was guidance on a range of health provisions available in the Bassetlaw area, and Bassetlaw Community and Voluntary Service (BCVS) and Bassetlaw Action Centre (BAC) completed the advice available. The Military Veterans Support Group were also on hand to offer help to veterans and their families.

Walx Sherwood, advised on a new walking programme launching in September, and The Good Health Boutique provided a great range of natural health and beauty products. Retford Tennis Club ran a soft ball tennis area and Bishton's Catering and The Campervan Coffee Tin were on hand to supply refreshments. Morrison's supermarket had also donated bottles of water and fruit which the RBF team distributed to visitors.

In the performance area, there were demonstrations from The Lynx Black Belt Leadership Academy, and amazing performances from Staples Dance Academy, and World Dance Champion 2022, William Barker.

RBF relies entirely on its members, donations, and grants, and is not regularly funded by anyone. Information about Retford Business Forum can be found at www.retfordbusinessforum.org.uk and Facebook Retford Business Forum.

Notes for editors

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Photographs are from the Healthy Sunday event on Sunday 14th August 2022