

PRESS RELEASE (revised)Tuesday 11th July 2023, 09.30am

For immediate use

Retford Healthy Sunday – 16th July 2023, 10am-2pm, Retford Market Square

Healthy Sunday returns to Retford Market Square on Sunday 16th July 2023, between 10am and 2pm. Building on the success of last year's event, this year will be bigger and better with over forty organisations taking part (subject to change).

The event will be opened by Deputy Chair of Bassetlaw District Council, Gill Freeman, and Mayor of Retford, Dan Henderson, accompanied by Deputy Mayor of Retford, David Naylor.

There will be great children's activities including a **free** hula-hoop and circus skills workshop by The Joker Entertainment from 10am to 2pm; **free** face-painting by Kether from 11am to 1pm and **free** Super Heroes training from Debutots between 12noon and 2pm.

There will be performances from Staples Dance Academy, The Performance Hub Theatre School, Retford Ukulele Group and Let's Sing. Rattlejag Morris will be dancing – why not join them? DJ Sam will be providing the sounds and announcements throughout the event.

There will be a spin class and exercises from My Gym; ABL Health will be there with their juice bike, and BPL will offer accurate measurements with their Tanita scales, seated exercise, and yoga demonstrations, plus an appearance by the BPL dolphin! Owing Fitness will demonstrate exercises, East Retford Rugby Union Football Club (Juniors) will provide some activities, and Walx Sherwood and Bassetlaw Netball will talk about the opportunities for exercise.

The NHS Primary Care Network will be offering health checks and advice and a range of health professionals and support groups will be available including: Achieve Health, Bassetlaw Action Centre, Bassetlaw District Council, BCVS, Compassionate Therapy, Doncaster & Bassetlaw Teaching Hospitals Trust Tri-Health, Focus on Young People in Bassetlaw, Girlguiding, Hazelwood Counselling, Matter of Life (Claudia Vickers), Military Veterans, MIND, Modern Green Naturals, Ordsall Church, Parkgate Mobility, Peter Rixham (Osteopath), Retford Youth Centre, Specsavers, Talkzone, and The Oasis Centre. The First Responders will demonstrate CPR and talk about first aid.

On Saturday 15th July 2023, **Retford** Big Market Day will take place on Retford Market Square when there will be the return of Hathersage Brass Band and Guiding Sparks Circus will be running a circus skills workshop – all **free** and **fun** for all of the family!

Retford Business Forum (RBF) is supported in delivering Healthy Sunday and **Retford** Big Market Days by North Notts BID and Bassetlaw District Council, and RBF is very grateful for the help provided by its partners and supporting organisations, stallholders, performers, and everyone who comes to support the events.

Notes for editors (PTO).



Retford Business Forum relies entirely on its members, donations, and grants, and is not regularly funded by anyone. Members include individuals, businesses, and organisations, from across Bassetlaw and information about Retford Business Forum can be found at www.retfordbusinessforum.org.uk

Photographs include are from Healthy Sunday 2022